Lupus Diet Do’s & Don’ts

Nutritional Healing for Lupus & Other Inflammatory, Autoimmune Disease

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Introduction

“I have cared for hundreds of patients with rheumatoid arthritis, connective tissue disease, systemic lupus, fibromyalgia and other painful disorders. The vast majority of all these patients have been able to achieve complete remission or significant reduction in pain and need for medications”

Dr. Joel Furhman, on healing through diet
Mission Statement and Disclaimer

To provide alternative health solutions for healing lupus and challenge the ‘no cure’ prognosis.

Note: This information is equally helpful for other autoimmune, inflammatory disease including: fibromyalgia, arthritis, diabetes, cancer, allergies, migraines, among many other serious illnesses.

I wrote this book with a passionate belief in a natural, holistic lifestyle, balancing the emotional, physical and spiritual components of life. It is my intention to share powerful, simple yet often overlooked modalities for improving health and regaining complete wellness as myself, and many others have successfully done.

I am not a medical doctor, nor am I at liberty to make any claims intended to diagnose, prevent, or cure any disease. This eBook is not designed to take the place of a trusted healthcare provider and it is always wise to see a wellness practitioner for their consent and approval. I suggest you consult with someone conversant in natural therapies, such as a naturopath, traditional Chinese doctor, or someone that specializes in natural, alternative health solutions. None of the information in this book has been submitted to or approved by the FDA, or the American Medical Association (AMA).

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A Personal Message - Does Diet Really Matter?

You have probably asked your doctor if diet matters or if there is something you should know about how foods affect lupus and they’ve possibly said no, as they did with me and so many others.

In reality the answer is yes, diet absolutely does matter! It’s common sense. If diet matters when we’re already healthy, it matters even more if we’re not. In fact, it matters so much that there are many, many testimonies of people who have significantly improved their lupus symptoms, or reversed lupus all together (including other diseases such as fibromyalgia, chronic fatigue syndrome, migraines, allergies, asthma, heart disease, and cancer to name a few) through diet alone.

Living with lupus, you’re likely experiencing symptoms such as chronic fatigue, painful arthritis, achy muscles, constant fever, and uncomfortable skin conditions. However, all the while what you eat has the power to dramatically influence how you feel depending on your food and beverage choices.

If you are currently working with a doctor or rheumatologist, he or she is likely treating you with pharmaceutical drugs or will be suggesting them at some point in the future. Your doctor will probably not discuss diet, or important supplements that can be extremely beneficial to your health, minimizing, even reversing your symptoms and condition. (Most doctors have minimal training in diet and supplements, if any. In some places it is illegal for doctors to discuss it).

Your doctor or specialist may also not be discussing dangerous pharmaceutical side effects of drugs on your body, and how they deplete certain vitamins and minerals essential in helping your body heal. Do make sure that you ask for this information from your doctor and pharmacist when you speak with them and what you can do to counter-act their effects (information on drug side effects is beyond the scope of this section. For a list of pharmaceutical interactions please see the Pharmaceuticals and their Side Effects link in the references section below).
If you have been recently diagnosed with lupus, or a lupus-like condition and you are not currently taking medication it is my suggestion that you immediately start a ‘diet therapy’ approach, designed to reduce inflammation and arm your body with healing nutrients. Dealing with the potential cause and triggers of your symptoms now is far better than treating lupus symptoms down the road, which may be far more difficult to reverse (with potentially harmful drugs adding to your concerns).

If you are currently on medication, and dealing with pharmaceutical side effects that can create secondary issues or complications to the primary symptom, it is especially important for you to support your body with the appropriate diet. Your diet habits are now even more important, and can work well to promote your health and potentially reduce your drug dosage or need for them all together. (Note: I do not recommend reducing or stopping your medication without the consent of your physician and/or a trusted health professional).

This information is designed to help you make practical, common sense dietary choices that will support your immune system work with you in your fight against lupus. I will also be noting further references to dietary and alternative health organizations that you may wish to explore, including the names of organizations that do onsite and/or phone consultations to help you battle disease through diet and natural healing modalities.

What we eat affects how we feel physically, emotionally and spiritually, and how well our immune system functions to help us heal. Support yourself with highly nourishing foods that work with your body and immune system, not against it. A car can run on dirty oil only so long before it burns out. Don’t let that happen to your body.

The body is better able to heal itself when you eat foods that support the immune system and the healing process, and avoid food that interferes with it.

I welcome your questions, feedback, and stories of success as you journey to reclaim your health.
Wishing you the best, especially in good health!

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Lupus Diet for Healing Success

I regularly see lupus sufferers use diet to significantly reduce their lupus flares and symptoms, and many who have reversed lupus altogether using this method. Jill Harrington, author of *Lupus Recovery Diet*, has inspired many lupus sufferers with her success story. She conquered lupus through fasting and a strict vegetarian diet.

Fortunately, in recent years, a healthy organic diet has become very popular and dietary healing principles that were known to just a few are now becoming mainstream. With the demand for healthier food options on the rise, you also have a great selection of natural health food stores to choose from.

My personal journey conquering lupus took on a different path to healing and was largely a testimony of attitude (not believing my lupus couldn’t be cured), overcoming chronic and acute stress, and utilizing ‘mind-body’ principles to heal. At the time I had lupus, I never knew of anyone who was healed and was left to my own devises to figure my way out. You are very fortunate to know first hand that lupus has been healed before, and best of all, in many different ways.

This section on Lupus Diet Do’s and Don’ts is just one more source of heavy artillery on your side to help you reverse, even conquer symptoms of lupus and other autoimmune, inflammatory disease.

I strongly suggest you support yourself on each and every level that you have control over --both the mind and body-- emotional/mental, physical, and spiritual in order to *maximize your ability to conquer lupus*. Utilizing all modalities will go a long way to supporting you to heal.

Remember, lupus is a very individual illness and it reveals itself in varying degrees of severity and symptoms for each person. Your body’s response to and need for particular foods is unique to you. Please keep a journal and document your food
intake and any symptomology you experience as you proceed with your diet and wellness program. It is important to identify foods (and behaviours or stressors) that help and/or hinder your health.

The ‘Why’ Behind Lupus Diet Do’s and Don’ts

This diet section is designed to put the ‘why’ behind the diet do’s and don’ts. I am often told that many people just can’t seem to stop bad dietary habits despite ‘knowing better.’ I believe the following information may be the answer that will inspire your dietary lifestyle change. Of course, there are some of you who have already adopted a very healthy diet, and congratulations!

It is much more likely you will experience the benefits of significant improvement in your symptoms when you’re diet is backed by a strong understanding of how your dietary choices affect your results. This section is designed to help you turn that corner and commit (or recommit) to new food choices which, when implemented, will affect the outcome of your health and recovery.
The Basics - Healthy Nutrition, Maximum Nutrient Absorption, and Proper Elimination of Waste

As with many autoimmune and degenerative conditions, lupus can and does compromise the digestive system. The best diet for lupus maximizes healthy nutrition with *maximum nutrient absorption*, as poor absorption is a common problem for many people living with lupus.

Left unchecked, a poorly functioning digestive system can result in significant impairment in your body’s ability to fight against lupus flares, and consequent unnecessary painful lupus symptoms, minimizing your potential for healing.

Diet must always include at a combination of healthy food and water intake, with regular output of toxins in order to promote optimal healing.

Water

Let’s start with the basics. Water is ranked second to oxygen as essential for life, however many (if not most) of us go through our days very dehydrated. The body will respond to prolonged water deficiency *which alone can cause illness*, as it has to rely on rationing it for priority distribution.

Water and Dehydration

The body’s signal for prolonged dehydration includes several symptoms, many of which are noteworthy if you have lupus. These symptoms include joint pain, back pain, chronic fatigue, mental confusion, depression, headaches / migraines, allergies
and asthma, plus digestive issues such as constipation and ulcers. It may also lead to heart pain (angina), high blood pressure, high cholesterol, and even early onset adult diabetes.

**The Role of Fresh Water**

Most of us know water aids in the digestion and absorption of food; helps regulate the body’s temperature and circulation of blood, carries essential nutrients and oxygen to the cells, and removes toxins and waste from the body. It also cushions the back and joints with helpful absorption and protects tissue and organs.

If you are suffering from any disease, your body is working hard to rid itself of unwanted toxins. Since chronic fatigue, joint pain, migraines, depression and mental confusion are some of the most common symptoms of lupus, it is important to consider your first line of defense, albeit a simple and easy one to implement by consuming enough water.

**Water-Related Statistics**

- Approximately 75% of the human body is water
- The brain is approximately 85% water
- 75% of us are chronically dehydrated
- For 37% of us, our thirst mechanism is so weak we mistake it for hunger
- Just mild dehydration can reduce our metabolism by as much as 3%
- The #1 cause of daytime fatigue is due to insufficient water consumption
- Preliminary research suggests that 8-10 glasses of water a day could reduce symptoms of painful joints for up to 80% of sufferers
- Just a 2% drop in the body’s water can cause cognitive impairment for simple math tasks, mental confusion and memory difficulties
- Consuming just 5 glasses of water per day can decrease the risk of colon cancer by 45 percent, cut the risk of breast cancer by 79 percent, and reduce bladder cancer by 50%
How Many Glasses of Water Should You Drink?

The general rule of thumb is to drink ½ ounce of water for every pound you weigh. So, if you weigh 140 pounds, you’ll need 7 ten-ounce glasses of water per day. It is best if you spread your water intake throughout the day. Drinking too much water at one time is neither helpful nor good for you.

Start your day with two glasses of water, and then work in more during the day. Drinking plenty of water will help cleanse your body of toxins and get more oxygen to your cells, which in turn will help you avoid or manage common lupus symptoms, and increase your energy and immune system functioning.

Drinking juice, soda, coffee etc. (even if it has water in it) is not the same as drinking fresh water. Caffeinated drinks are diuretics that actually rob the body of water, despite the water contained in them. Fruit juices often contain a lot of sugar that can tax the pancreas, and make the body work harder which defeats the purpose of supporting the cleansing and healing process. As you may have surmised, these do not count as water sources.

Soda (both regular and diet) are empty calories and extremely unhealthy for you, especially if you have lupus. Sodas, coffee and other caffeinated drinks must be completely avoided.

Does Drinking Water Cause Retention?

Many people are concerned with water retention. If you are one of them you may find it interesting to know that drinking a sufficient amount of water (8 -10 glasses/day) actually helps reduce water retention.

Fluid retention is the body’s way of managing a shortage so it retains it to compensate. We actually ‘teach’ our body to retain water if we are not drinking enough, which may appear counter-intuitive on the surface. Retaining water (from drinking appropriate amounts) is a fallacy.
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Water from Taps

Many of us drink water from our taps that contain chemicals that are defeating our best efforts to support the immune system and combat lupus. If you are unsure of the quality of water coming through your tap, I suggest either doing a water test or erring on the side of caution. Add a filter to your tap, or look into bottled water.

The goal here is to hydrate your body with fresh, clean water - which will better equip your immune system and help your cause. (On a side note, some water pitchers that contain their own filters are not a true source of filtering as bacteria may get trapped and re-circulated through the water. Be careful with this option.)

These are great reasons to re-evaluate how much clean, fresh water you’re consuming every day, if you fall into the category of not drinking enough. Try it for just two weeks and see how much better you feel!

Food Allergies and Sensitivities - Find What Works for You

In addition to ensuring you’re drinking enough water, another first step you should start with is to identify any existing conditions you may have that could be aggravating your immune system, such as food allergies or sensitivities.

“It is common for chronic fatigue, allergies, chemical sensitivities, arthritis, and many other non-specific symptoms to be related, at least partially, to diet.”

— Dr. Elmer M. Cranton, M.D.

Many people are unaware of having food sensitivity, so if you have not looked into this I recommend you do to be sure.

If you are affected by food allergies or sensitivities, worse yet, have a medical condition that may be triggered by food, such as lupus, then knowing your food triggers is essential.
The Difference Between Food Allergy and Food Intolerance

Let’s start with the difference between food allergy or sensitivity and intolerance.

A food allergy is an immune response, as is lupus. On the other hand, food intolerance is similar to lactose intolerance, and is an adverse response to a food, but it is not an immune reaction.

Symptoms of a Food Allergy

You probably know many of the common allergy symptoms, however some may surprise you. According to the Food Allergy & Anaphylaxis Network, these are the symptoms you should watch out for:

- A tingling feeling in your mouth
- Swelling of the tongue or throat
- Difficulty breathing
- Light-headedness
- Weakness
- Hives
- Eczema
- Vomiting
- Abdominal cramps
- Nausea
- Diarrhea
- Loss of consciousness
- Sharp decrease in blood pressure

If you suspect you have a food allergy, it is essential that you consult a health specialist and work together to determine your food triggers. Not only must the food triggers be identified and avoided, but also learning how to best manage your lupus
diet with the proper nutrients is essential to supporting your body’s fight against flares.

**Eight Foods are the Culprits for Most Food Allergies**

These include:

- Fish
- Shellfish
- Soy
- Wheat
- Tree nuts (such as walnuts, cashews, and pistachios)
- Peanuts
- Milk
- Eggs

Not only are they common triggers for allergies, some of them are also not recommended for those dealing with lupus. I will discuss those items in more detail below.

**Allergy Testing Methods**

**RAST allergy test**

The RAST test, also known as an allergy screen, is a simple blood test that is designed to detect antibodies in the blood, which indicate allergies. Although it may give you a positive result, this test will not indicate the severity of the allergy. This will be done in favor of a skin test if there is a possibility of a serious allergy.
Pin prick test

The Pin Prick allergy test is done by placing a dilute extract of the suspected food substance on your skin (usually on the forearm or back), followed by a small prick of a needle onto that area. Redness or swelling will indicate a food allergy.

Keep in mind, a person can have a positive skin test without experiencing any allergic reaction to that food and it will not be considered positive unless there is a food reaction.

Although pin prick tests are easy, quick and relatively safe, they should not be done on patients who are highly allergic as they can provoke a dangerous reaction. They should also not be done on those with serious cases of eczema as well.

Food challenge test

Another type of allergy test, yet not as common, is known as the food challenge. This is a double-blind food challenge in which the believed food culprits are placed in individual opaque capsules. This way site or smell does not influence the potential outcome.

Neither the doctor nor patient will know which is which as it is prepared by a third party. The capsules are swallowed (separately) in the presence of the doctor who of course determines any allergic reaction. One of the capsules will have a food that is the ‘control’ and does not create a reaction in order to ensure any reaction is in fact from the food substance and not some other factor.

Of course, someone with a history of severe allergic reactions will not be suitable for this method of testing. The difficulty in performing this type of test includes the time it takes to perform and the high expense. It is best used to confirm specific food allergies, as detecting multiple food allergies this way is not feasible.
The pulse test - an at-home allergy test

The pulse test is a simple test you can do anytime, anywhere if you think you may have reactions to certain foods. It is not a ‘medically approved’ test; however it may help you identify foods that trigger food reactions.

To do this test, first start by taking your baseline pulse rate before eating, against which you will measure your following pulse tests, done after consuming food. After food consumption you should take your pulse in the intervals of 15, 30 and 45 minutes. If you find your pulse has increased by 10 or more beats, it is a strong indication you are having a food reaction.

The at home allergy test is not meant to replace specialized allergy testing or working with a health expert, especially if you have known strong allergic reactions. It is a tool, which may help you determine subtle changes to how you feel that you may not have otherwise noticed.

It is best to eat one food item at a time, or have a meal with just a few ingredients, in order to know which foods to single out for future testing. Keep a diary of what foods create a change to not only your pulse rate but also how you feel. After a while you’ll begin to know which foods are of no consequence, the ‘maybe food triggers’, and the definite no no’s.

Many people do not recognize that although certain foods may not be a formal allergic trigger, it can still play significant role in how you feel.

Do any of these symptoms affect you after you consume food?

- A sharp decrease in energy
- Feeling ‘drained’
- Sense of ‘heaviness’ of the body
- Brain fog
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- Memory loss
- Lack of clarity
- Burning sensation
- Muscle weakness
- Sweats
- Head aches
- Nausea
- Stomach pain
- Increased desire for sleep

If you find yourself dealing with any of the above symptoms after you eat, you should discuss it with a trusted health practitioner so you can monitor your diet for food restrictions and recommendations.

You may also find a naturopath, nutritionist or alternative health specialist especially valuable, as they are trained in nutrition and diet that will take into consideration your personal medical and dietary needs and have further ways of identifying which foods are best for your body or blood type.

Remember to start your food trigger discovery with a notebook or diary, so you can keep track and properly record your body’s reactions. Knowing which foods trigger you to feel better or worse is of significant value to you, so you can avoid the unnecessary suffering of a flare, pain and/or depleted energy.

I recommend you monitor your foods for at least a month to find out your food nuances. Symptoms do come and go so be careful to continue to monitor this.

Food Elimination Diet

You’ve probably heard of the elimination diet, and as the term suggests it involves removing specific foods (or ingredients) from your diet suspected in leading to your allergic symptoms. Typically this diet will take a few weeks or more to effectively do,
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during which time you will need to be exceptionally careful knowing exactly what is in
the foods and meals you’re eating (and reading food labels).

You’ll need to keep a food diary to track all of the foods you consume. Many
elimination diets start with simple foods (no allergic potential) as the staple during
which time your food sensitivity symptoms (or allergy) will diminish. As you
progressively add more foods back into your diet you can usually identify the food/s
causing your reactions.

This approach is not foolproof as psychological factors can come into play, and food
sensitivities can come and go. This method also cannot be utilized with serious allergy
conditions.

It is important to eat foods that provide the same nutrients as those you’ve
eliminated. Once a trigger is found you’ll likely be asked to repeat the process to
confirm the results.

Not only is this approach helpful in an allergic response diagnosis, it also helps relieve
stress on the immune system. By doing so, intolerances that previously taxed the body
can give the immune system a break. Often this period of rest will even help reduce
the food intolerance in and of itself.

Yeast is another common issue of the colon, which also stresses the immune system
and can increase the severity of food allergies or chemical sensitivity. A yeast
elimination diet (commonly known as Candida diet) and working with an anti fungal
program can also be extremely helpful. You should do this with the assistance of a
natural health expert as well, to help monitor your progress and maintenance of a
proper diet and wellness program.

Many people with varying diseases show very positive results with this approach.
Easy to Digest Meals and Ensuring Proper, Healthy Digestion

If you are managing an autoimmune disorder such as lupus, an easy to digest meal is optimal. By consuming such a diet you are freeing up important energy for your body to be able to focus on repair and healing work.

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

— Thomas Edison

In addition to easy to digest foods, you may want to consider supplementing your diet with digestive enzymes (to help break down the food for proper nutrient digestion), and probiotics (to nourish and rebuild the intestinal lining and restore healthy bacteria of the bowel).

When you’re dealing with extreme fatigue, as most do with lupus, you squander your vital energy by making your body work extra hard at digesting your food, compared to harnessing that energy for more important things that will directly affect how you feel and your energy levels.

Consider the work required of the body between having a nutritious, tasty bowl of soup or salad versus trying to digest a burger, fries or pizza once you read the following information below.

"The digestive process expends eighty percent of our body's energy."

— Dr. DicQie Fuller, author of “The Healing Power of Enzymes”
The Vital Role of Enzymes on Digestion

Enzymes are energized protein molecules necessary for all life. They turn the food we eat into the energy we use in our body.

Enzymes interact and work synergistically with vitamins, minerals, water and other nutrients to perform vital roles and do not change or get consumed in the process. They are responsible for running every function of the body such as digestion, cell/tissue/organ repair, maintaining the bones, skin, muscles, and nerves, plus energy production, and brain stimulation. Without these our body would not be able to sustain life.

Supplementing your body with digestive enzymes can help support your immune system fight against disease (NOT make the body attack itself further, as some often fear). They will also help carry away toxins, assimilate fats, purify the blood, reduce bacteria, increase white blood cell activity, support the endocrine system (hormones in the body), balance cholesterol and triglyceride levels, eliminate yeast, support the red blood cells' ability to carry more oxygen and increase energy levels.

Supporting your immune system this way will help you heal faster, lose weight and help prevent and reverse disease.

Three Types of Enzymes

1. Metabolic enzymes - are responsible for all body functions, including allowing us to see, hear, feel, move, think, talk, breath, uphold and maintain the immune system, and neutralize toxins and pollutants. Every cell in our body depends on metabolic enzymes for our energy and our life force.

2. Digestive enzymes - are manufactured in the pancreas and secreted in the small intestine to help breakdown food into nutrients and waste. It allows for the
absorption of nutrients into the bloodstream and the elimination of waste from the body.

3. **Food enzymes** - are consumed from raw food in our diet. They offer only the amount of enzymes necessary to consume the item in which they’re found, and are not stored in the body for later use. The digestive process is initiated immediately upon eating that food.

**Food Preparation and Enzymes**

Cooked meals result in food enzymes being destroyed with heat 118 degrees and higher. A way around that is to lightly steam, stew or use a slow cooker when preparing meals. Digesting raw or lightly cooked meals takes about one half to one third the time as cooked food.

*Processed foods also destroy food enzymes.* Since the majority of foods often eaten is cooked or processed (and the raw foods we eat are only enough to digest that item), our bodies must provide us with the rest of the necessary enzymes to digest the food unless we supplement our body to support the digestive process.

Common symptoms from a lack of digestive enzymes include: gas, constipation, bloating, heartburn, lack of energy, poorly functioning immune system, ulcers and allergies.

**Where Does the Body Get Enzymes?**

Enzymes are secreted in the gastrointestinal tract and found in raw foods.

Eating a diet rich in raw foods helps start the digestive process and therefore reduces the body’s need to secrete its own. If your body has to rely on its own enzymes only (from cooked and processed foods), more stress is placed on your body and pancreas. Therefore, less energy is available for other important processes such as rebuilding and replacing damaged cells and tissues, which can reduce the immune systems effectiveness.
The Consequences of Incomplete Digestion

*When food molecules are not digested properly* and broken down to their smallest form, *the body may view them as a foreign substance to the body and attack*, *causing inflammatory conditions and immune sensitivity*. This is similar to the autoimmune response in lupus, which can result in symptoms such as arthritis, not to mention food allergies, digestive issues, fatigue, muscle pain, heart disease, asthma and migraines.

Studies have shown that *for a number of chronic illnesses, such as arthritis, lupus, diabetes, allergies, skin disease, immune deficiencies, cancer (and more)* *decreased enzyme levels have been found.*

“The medical profession tells us that all disease is due to a lack or imbalance of enzymes. Our very lives are dependent upon them!”

— Dr. DicQie Fuller

Some Enzyme-Rich Foods

Foods that are high in enzymes (in general) include raw meat, fresh fruit and vegetables, sprouted seeds, grains, legumes, nuts, un-pasteurized milk, fermented foods and raw meat. Clearly not all of these are healthy for you if you have lupus and we will discuss those foods below.

According to Dr. Fuller, author of “The Food Enzyme Concept” some specific healthy choices include: bananas, avocados, pineapples, papayas, kiwi, bananas, grapes, mangoes, olives, fresh raw dates, fresh raw figs, raw honey, raw butter, (inhibitor-free) raw cereal grains, seeds, and germinated raw tree nuts.

Aging and Enzymes

As we age, the body progressively loses the ability to produce enzymes, with significant drops every 10 years. You may find that previously enjoyed foods are much
more difficult to digest. As previously noted, you may also find a significant drop in your energy and stamina.

As a result, as we age it is even more important to be mindful of our diet, rich with raw foods. It’s also a good idea to support the digestive system with digestive enzymes to reduce the strain on your body and eat as many different food variations as possible, as most food allergies, digestive issues or intolerances come from regularly eaten foods. This will ensure plentiful nutrients that your body can best utilize.

The best way to help your body is to ensure a high enzyme-content diet by following a diet rich with raw foods from fruits, vegetables, nuts and seeds.

A diet with at least 50% raw foods, plus a juicing program will prove to be very beneficial for you, with the added benefit of saving you time and energy cooking in the kitchen. (You will find plenty of juicing and raw food suggestions in the recipes section later).

**The Importance of Probiotics on Digestion**

Probiotics are live, *healthy* bacteria (live microorganisms) necessary for life, which help maintain the natural balance of microflora in the intestines. The largest group of bacteria in the intestine is lactic acid bacteria (*lactobacillus acidophilus*) as found in yogurt.

Probiotics help enzymes digest food and process waste. They work to ensure the digestive tract is running smoothly and operating properly. While enzymes support digestion and absorption of food, probiotics aid in digestion and processing waste. They work together to help keep the immune system healthy.
What are Probiotics?

Probiotics are commonly used to help prevent diarrhea by replacing the lost healthy bacteria, often caused by antibiotic use. They nourish, rebuild and provide a protective barrier of the intestinal lining and restore good bacteria to the bowel.

Pharmaceutical drugs kill ‘good’ bacteria within the intestines (in addition to bad bacteria that can cause illness). A decline in healthy bacteria can lead to stomach upset. In addition to suppressing the growth of harmful bacteria, probiotics are also known to help produce vitamin K. A decline in healthy bacteria can lead to other complications, such as yeast infections and urinary tract infections.

Once ingested, probiotics colonize the intestines (and other parts of the body). They sustain themselves until they are destroyed, such as with antibiotics. Diet and lifestyle factors can affect the balance of probiotics in the colon (dysbiosis) through inadequate dietary fiber intake, ingesting environmental toxins, and infant formula feeding as child.

Benefits of Probiotics

The list of probiotic benefits are many. They help strengthen the immune system’s ability to fight against illness, inhibit disease causing organisms, increase nutrient absorption, improve digestion, promote vitamin synthesis, prevent stomach upset, reduce constipation, improve allergy resistance, reduce yeast and other possible infections, help clean and dislodge accumulated decay of the colon, help kill viruses and parasites, and help free up energy from digestion for other bodily functions.

Common Reasons for Taking Probiotics

- Diarrhea due to antibiotic use
- Diarrhea from travelling
- Constipation
Lupus Diet Do’s and Don’ts

- GERD
- Irritable Bowel Syndrome
- Yeast Infections
- Ulcerative Colitis
- Crohn’s Disease
- Immune support
- Eczema
- Lactose intolerance
- Prevention of common colds and illness
- Allergies and Hayfever
- Colon cancer prevention

**Lactose Intolerance and Probiotics**

It is believed that approximately 50 million people in the United States have some form of lactose intolerance, (the inability to digest lactose from milk and dairy in the small intestine) which can result in bloating, cramping and diarrhea. The probiotic bacteria lactobacillus and bifidobacterium both work to break down lactose and relieve symptoms.

Together these are known as lactic acid bacteria and help reduce symptoms of lactose intolerance and help reduce unpleasant issues associated with irritable bowel disease. Lactose intolerance can be due to genetics, disease and GI tract issues, ageing or temporarily from medication or infections.

**Sources of Probiotics**

Probiotics can be taken as a supplement and found in foods such as:

- Yogurt (check for "live active culture")
Lupus Diet Do's and Don'ts

- Buttermilk
- Kefir (fermented milk-based drink)
- Tempeh (fermented soy product)
- Miso
- Kimchi
- Sauerkraut
- Other "fermented" foods

(Note: Many of these are not recommended if you have lupus).

Once probiotics are ingested, they colonize the intestines and other parts of the body and sustain themselves (unless they are destroyed by antibiotics or other factors). The number of live organisms will vary greatly in food sources however, depending on methods used in processing it.

Probiotics can also be taken in liquid, powder, capsule or tablet form. Health food stores often also sell acidophilus drinks.

**What are Prebiotics, and How Do They Differ from Probiotics?**

Prebiotics are non-digestible food ingredients (such as dietary fiber) that help stimulate the activity and growth of healthy bacteria (probiotics) and improve their balance in the colon.

Sources of prebiotics include a substance known as inulin (found in onions, asparagus, and bananas) and fructo-oligosaccharides (FOS). FOS is a common supplement and often combined with probiotics.

**Where are Prebiotics Found?**

Prebiotics are commonly found in fruits, vegetables and whole grains such as:
Lupus Diet Do’s and Don’ts

- Oatmeal
- Flax
- Barley
- Other whole grains
- Green vegetables (such as spinach, collard greens, chard, kale, chicory, mustard greens, and dandelion greens)
- Berries and other fruit
- Bananas
- Garlic
- Legumes (lentils, chickpeas, navy beans, white beans, black beans, kidney beans)
- Tomatoes

Again, please note some of these foods are not recommended with lupus so be sure to read further to Diet Do’s and Don’ts.

What is the Difference Between Digestive Enzymes and Probiotics?

Digestive enzymes break down food into components that can be used by the body for energy. Without these enzymes, digestion could not take place and therefore food would not be absorbed and turned into energy. Probiotics help by supporting the enzymes to digest food and process waste.

Both of these work together to ensure the digestive system is running smoothly. Taken together, enzymes support digestion and absorption while probiotic bacteria helps enzymes in the digestive process and keeps potential problems at bay.

Healthy Digestion: Conclusion

Many health care practitioners believe all health issues are related in some way to the process of digestion. In addition to eating easy to digest foods, you may benefit from supplementing your diet with digestive enzymes and probiotics.
Lupus Diet Do’s and Don’ts

Everything in your body is dependent on nutrition, and its proper absorption. It does no good to select highly nutritious foods if their nutrients are not being fully absorbed. If you are experiencing digestive issues, it is a good idea to see a health specialist as well.

With plenty of healthy enzymes that assure greater levels of digestion and absorption of your food, and probiotic bacteria that keep problems in check, you will see a difference in your health.

If you choose to supplement, it is recommended to obtain digestive enzymes, probiotics (including Lactobacillus and Bifidobacterium) and FOS together in one capsule, taken as a broad-spectrum plant-based, organic product.

With lupus, your digestive system is extra sensitive. You must follow a simple diet that maximizes your nutrition, not to mention minimizes your cooking time! More will be discussed further, for recommended food sources of healthy enzymes.
Lupus Diet Don’ts - Getting to the Root of the Problem

Lupus and Inflammation

Inflammation is the initial response of the immune system to infection, irritation or trauma to the body. Typically, the body will respond with classic signs of inflammation such as swelling, redness and pain. This type of inflammation is good, as it’s the body’s way of protecting itself and working through the healing process.

Unhealthy Causes of Inflammation

Many people experience an excess inflammatory response with the absence of an actual threat to the body. Low-level, chronic inflammation is linked with many serious illnesses, including lupus, fibromyalgia, osteoporosis, cancer, diabetes, heart disease, Alzheimer’s, even depression and mood disorders.

Several daily lifestyle factors contribute to chronic inflammation, which promote the production of inflammatory chemicals. They include stress, a poor diet, being overweight, smoking, and a lack of exercise. Each of these factors we have control over; however they often go unchecked as we seldom realize the seriousness of our choices until there are painful physical consequences. Let’s take a look at the effect of our food choices on inflammation.

Inflammatory Foods and the Immune System

It has become common belief amongst natural health practitioners that chronic inflammation and other serious health conditions starts with the digestive system.
Unfortunately, what should be the first line of defense and treatment against illness is commonly overlooked.

Over two-thirds of the body’s defense mechanism start with the gastrointestinal tract. Because the digestive system is linked to the body’s inflammatory response, avoiding inflammatory foods is essential while fighting an illness such as lupus. Not adhering to this common sense principle is a prescription for increased pain, inflammation, and therefore suffering; Exactly what you want to avoid.

We know that our modern diet consists of far too many unhealthy, processed, fatty foods that promote inflammation, and too few readily healthy alternatives that help reduce it, especially in our stores and restaurants.

As earlier mentioned, intestinal bloating, diarrhea, constipation, gas, heartburn, and acid reflux are common symptoms of a poorly functioning digestive system. They are also early signs of an inflamed digestive tract, which can and will cascade into further serious disease if not addressed as your digestive system goes into ‘hyper-drive,’ robbing your body of essential energy to ‘just get by.’

The good news is food is either inflammatory or anti-inflammatory. Since inflammation is the root of the cause of many diseases, such as lupus, it is a simple conclusion to work with a diet that promotes anti-inflammatory foods.

Let’s see how well your body feels by following an anti-inflammatory diet, and make note of the food habits that you change. For your convenience, I will also provide you with a healthy food checklist, which you can use to remind yourself of healthy choices and alternatives at the end of this section.

Inflammation Causing Foods and Beverages

It’s important to know which foods trigger inflammation in the body so you can start to avoid them in favour of healthier alternatives. You may be surprised to find out how many of them you are currently consuming. Once you start to work seriously with
your diet (if you’re not already) and note the changes in your symptoms, it will be more than worth the effort.

**Fatty Facts and Lupus**

*There is a direct link between the fats you consume and lupus symptoms.*

A well-known culprit of lupus is high-fat content foods, which can cause “thick” blood. This unhealthy blood lowers the oxygen supply to the cells and tissues in your body, which causes tissue damage. Such damage may very well prompt the production of auto-antibodies, which is the last thing your body needs.

There are four types of fatty acids in food and they include: polyunsaturated, monounsaturated, saturated and *trans*-fat.

*Transfats* - (not recommended) are formed when liquid oils are made into a semi-solid fat such as with shortening and margarine (a refining process called hydrogenation). This is done to extend the shelf life of the product and enhance taste and texture. They are also found in some animal-based foods and dairy products. This is not a healthy choice, and is directly related to heart disease and stroke. This fat is found in most processed and junk foods such as crackers, cookies, donuts, baked and fried goods, and also used for deep-frying. It is also in shortening and hard margarine.

*Saturated fats* - (not recommended) is considered the least healthy of fats and found in animal fat, red meat dairy (butter, cheese, cream, milk), lard, poultry skin and fast food, and a few tropical vegetable oils (such as palm, palm kernel and coconut). This type of fat is related to heart disease, strokes, and cancer and should also be avoided.

Note: There has been debate concerning the benefits of butter versus margarine. Butter is made with saturated fat while margarine is made with man-made trans fat. Both are known to increase the bad cholesterol (LDL) and are ideally avoided. Although some soft margarine’s are made with very low levels of trans fat, there is
still question concerning other ingredients. Neither of these choices are healthy and should be avoided in favor of omega-3 polyunsaturated fat or monosaturated fat.

**Monosaturated fats** - (recommended) are considered the healthiest ‘general’ fat and are found in olive oils, soft, non-hydrogenated margarines plus avocados, nuts, seeds and olives. These fats are also typically high in vitamin E, an antioxidant that supports the healing process and helps lower cholesterol and risk of heart disease and protects against cancer. Extra virgin olive oil is recommended as the oil of choice to cook with (if not over-heated) and includes phytochemicals and phenols, which supports the immune system and promotes good health.

**Polyunsaturated fats** - are healthier than saturated fats and contain a special family of essential fatty acids, which the body cannot manufacture itself called omega 3 and omega 6.

**Omega 6 polyunsaturated fats** - (not recommended in excess) are found in sunflower, corn, safflower, canola and soybean oils. If taken in excess, this type of fat can promote water retention. This type of fat can lower bad cholesterol; however, if too much is consumed will also lower good cholesterol. Our current society consumes far too many of these oils in general, and should be favoring more omega 3. It’s best to avoid ‘man-made’ products, in favor of natural oils.

**Omega 3 polyunsaturated fats** - (recommended) are found flaxseed oil, walnut oil and fish and are highly recommended. This fat helps reduce the risk of stroke, promotes healthy weight loss, helps regulate the body’s blood sugar and lowers the risk of diabetes.

Omega 6 and Omega 3 are best consumed in a ratio of at least 3:1 (or better). Our common diet includes substantially more omega 6 fat and far too little omega 3.
## Lupus Diet Do’s and Don’ts

<table>
<thead>
<tr>
<th>Type of fat</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Saturated fat (not recommended)</strong></td>
<td>Red meat, animal fatty sources (such as hot dogs, sausages, pork), animal skin, butter, higher-fat cheeses, cream, processed and fast food, and some tropical vegetable oils (such as palm, palm kernel and coconut)</td>
</tr>
<tr>
<td><strong>Trans fat (not recommended)</strong></td>
<td>Processed and junk foods containing shortening or partially hydrogenated oil, such as some cookies and crackers, donuts, baked and fried goods, as well as deep-fried foods, butter, shortening and hard margarine.</td>
</tr>
<tr>
<td><strong>Monounsaturated fat (recommended)</strong></td>
<td>Olive oils; soft, non-hydrogenated margarines containing these oils; nuts, seeds, avocados and olives. Extra virgin olive oil is an excellent source for cooking.</td>
</tr>
<tr>
<td><strong>Polyunsaturated fat - Omega-6 (must be limited)</strong></td>
<td>Sunflower, corn, canola, safflower, soybean oils. Foods such as soft, non-hydrogenated margarines contain these oils. Nuts and seeds.</td>
</tr>
<tr>
<td><strong>Polyunsaturated fat - Omega-3 (highly recommended)</strong></td>
<td>Flax/linseed oil, flax/linseeds, walnut oil, krill oil, and cod liver oil. Cold water fish such as salmon, halibut, herring and trout, plus dark green vegetables like seaweed, broccoli, spinach and kale</td>
</tr>
</tbody>
</table>

Remember, fatty foods have a direct link to increased lupus symptoms, pain and inflammation.

### 20 Inflammatory Foods and Ingredients to Avoid

1. Processed foods
2. Trans fats (shortening, hydrogenated oils)
3. Polyunsaturated vegetable oils - (including corn, safflower, canola, sunflower and soy - *excluding* fish and flaxseed oil)

4. Saturated animal fat

5. High fatty animal meats

6. Processed and smoked meats - such as hot dogs, sausages, and lunch meats

7. Dairy and eggs

8. Sugar - Inflammation can impair blood sugar regulation, worsened by these foods

9. Refined carbohydrates and starches

10. Gluten - wheat and other grains (rye, barley, and spelt)

11. Junk food

12. Fast food restaurants (fried foods, or baked with trans fats from shortening, margarine, lard or partially hydrogenated oil)

13. Salt

14. Nightshade vegetables - tomatoes, potatoes, green peppers, and eggplant (this is being debated amongst experts, so caution is recommended)

15. Alfalfa Sprouts - have a high L-canavanine content, causing potential inflammation

16. Caffeine - chocolate, coffee, caffeinated tea

17. Artificial sweeteners

18. Alcohol

19. Sodas
Acidic Versus Alkaline Foods and Diet

The acidic-alkaline diet is another model for looking at healthy nutritional practices. The premise of the acidic-alkaline diet looks at the pH balance within the body, in favor of a slightly alkaline terrain, essential to optimal health and supporting the body’s ability to heal. It is best to consume a diet of approximately 75% alkaline foods and 25% acidic.

When excess acids are continually in need of being neutralized by an unhealthy diet, our alkaline reserves are depleted, and the body is left in a weakened, disease-prone condition.

An acidic diet creates an acidic internal terrain in which disease thrives. Consider the words of Louis Pasteur, the discoverer who recognized ‘germ theory’ as the cause of disease. During his last days he noted: "The germ is nothing (concerning health), the inner terrain is everything." He pointed out that germs are not the culprit in ill health and the cause of disease, and placed the power of health and wellness back in a healthy body and inner terrain (where it belongs).

This inner biological terrain refers our body’s digestive tract, lymph system, blood, interstitial and interstitial fluids and urinary tract. “Our bodies are alkaline by design and acid by function. Maintaining proper alkalinity is essential for life, health, and vitality.”

In general, the North American diet is highly acidic, with large portions of meat, sugar, processed food, fatty foods, sodas, alcohol, and caffeine regularly consumed. In addition, more than 100,000 new chemicals have been added to our foods (and air and water) with consequences that can lead to serious, chronic illness.
To illustrate the process of an acidic diet, consider pouring acid throughout the inside of our ‘engine’ (body) and letting it corrode from the inside out, wondering why it doesn’t run properly as it ages. Our bodies experience the same process, with internal breakdown of the operating mechanism (digestion) as we age and experience the onset of disease.

“The average person is " Spoiled Rotten" - rotting from the inside out, with a dysfunctional intestinal tract that is a breeding ground for disease."

— Dr. Daryl Wolfe, The Wolfe Clinic

The consequent excess acidity weakens all aspects of the body’s immune system. It forces the body to borrow minerals such as calcium, magnesium, sodium and potassium from vital organs and bones in order to buffer (neutralize) the acidic condition and remove it from the body to manage an alkaline state. The calcium compound responsible for neutralizing acidity in the blood and maintaining an alkaline balance is called ‘mono-ortho-calcium phosphate.’

In order to have enough calcium for this buffering process, it is essential we get enough from our diet, or as mentioned, our digestive system must rob its supply from other areas in order to sustain the appropriate pH level. As our condition becomes chronic, it is not difficult to anticipate long term consequences, starting with our ‘weakest link’ manifesting a disease-specific response.

In addition to calcium being robbed, the more acidic we become, the more difficult it is for oxygen to be maintained at appropriate levels and our internal terrain becomes more anaerobic. With our lost oxygen supply, the unhealthy terrain is prepared for unfriendly bacteria, viruses, molds and fungus. Without our body’s forces on our side, cells lose their capacity to carry on priority functions and energy and calcium supplies are thwarted.
This can result not only in reduced immune function, but exacerbates health issues that depend on nutrients to fight the effects of disease and pharmaceuticals (such as steroids that also rob the body of its calcium). And the vicious circle has started.

It is interesting to note that most clinical practitioners believe the immune system is the body’s first line of defense, but in actuality it is not. It is very important, but more like a very sophisticated clean-up service. “We must instead look at the importance of pH balance as the first and major line of defense against sickness and disease and for health and vitality.”

If we are to take a closer look at disease and it’s epidemic portions, we find that what allows illness to manifest is not as much an issue with our immune system, but a state of ‘acidosis’, an acidic, anaerobic (lacks oxygen supply) environment within our body that not only allows but encourages disease by breeding fungus, mold, bacteria, and viruses.

As simple as it sounds, this plain truth is not highlighted in mainstream medicine. However, it is something you have control over by choosing your diet consciously and mindfully.

Disease or wellness rests within your body’s biological terrain.

“There are no specific diseases, only specific disease conditions, and there is only one disease. And that one disease is acidosis.”

— Unknown source

A warning sign of an acidic terrain is calcium deposits (which come from bones and teeth, not your diet). You can get pH test kits from your local drug store to determine your body’s pH level.

It is important to cleanse the body, and reduce an acidic environment to one that is slightly alkaline with proper nutritional practices. An additional challenge includes the lack of minerals in our soils, which therefore don’t make it into our food chain.
Lupus Diet Do’s and Don’ts

Therefore, supplementing with calcium may be very beneficial to help you obtain the required minerals and promote an alkaline terrain.

The process of bringing your body back into an alkaline state takes time if you have followed an unhealthy dietary lifestyle. Regular food consumption has changed from raw, nutritious foods to highly processed and fatty foods, often very low in nutritional value and highly acidic. As we have seen, without a basic alkaline-acid balanced food plan, your body must work harder to maintain your health. In addition, your organs may inadvertently inflict serious damage by taking up alkaline minerals in order to correct pH blood levels.

As we work through the collection of factors that negatively affect our chances of healing and wellness we have a sobering reality that is essential to learn from. Remember, if we simply address the physical symptoms of disease, the root cause will escalate and cause further damage. Pain, inflammation, and discomfort means the body is crying out for help and in a crisis state. Support your health by working at a foundational level of the problem versus treating each symptom as an ‘isolated’ issue, as so often is the case in medical treatment.

Lupus and Protein Don’ts

According to Dr. Andrew Weil, author of *Natural Health, Natural Medicine*, lupus is a ‘protein disease.’ Because lupus is an autoimmune disease (with antibodies fighting against your own body), the less protein we ingest, the less protein there is for our immune system to attack.

According to Dr. Weil, only 10% of our daily diet should be protein based, and this protein should be in simple, high quality and low fat form versus protein you’ll find from meat (especially fatty meat).

There is some debate whether animal protein should be allowed in the diet at all, and I have seen testimonials of people reversing lupus in both cases. Research has shown that autoimmune inflammation is *significantly reduced* when protein from meat
and dairy products are avoided, or make up a very small percentage of our daily diet.

It is up to you to determine which path you take; however, it may be best to start with an elimination diet to determine how sensitive you are to animal proteins before you make up your mind.

In the elimination diet your initial meal plan will contain fruit, green and yellow vegetables, brown rice and sweet potatoes. These foods rarely contain antigens that produce a reaction. As mentioned earlier, your body then has the chance to clear out antigen-antibodies and therefore reduce inflammation before you reintroduce foods to determine which cause your immune system to overreact.

Protein Foods You Must be Careful of

Meat - This includes all meat (at least until you have checked your body’s sensitivity). It is commonly noted that those with lupus should avoid red meat in its entirety. Some people find they do not react to chicken and fish; however these should kept to a minimum, such as twice a week.

Fish - It’s important to remember that as a result of pollution seeing its way into our oceans, some types of fish are more affected with higher levels of mercury than others (in particular larger species). Therefore these should be avoided, or only eaten once or twice a week as well. The highest concentrations of mercury are found in: tuna, canned tuna, sea bass, oysters (Gulf of Mexico), Marlin, Halibut, Pike, Walleye, White croaker, Largemouth bass, shark and swordfish.

Smaller fish, such as sardines, herring and anchovies, are less affected than larger fish, since they don’t have the time to accumulate as much mercury into their tissue.

Dairy - This includes all milk proteins, such as whey, buttermilk, cheese, yogurt, and ice cream. These foods contain high amounts of cholesterol, fat and proteins and are also best completely avoided. Dairy is a common allergy trigger, and if best avoided until you at minimum determine your sensitivity level and reduce your symptoms.
Legumes and alfalfa - People with lupus often report allergic sensitivities to an amino acid (L-canavanine) found in legumes and are agreed upon by most experts to exacerbate lupus. This is especially true with alfalfa, which contains high amounts.

Legumes are a class of vegetables that includes beans, peas, lentils, clovers and peanuts; however their levels of L-canavanine are lower than alfalfa. Also watch out for alfalfa fed animals if you do decide to eat meat. Alfalfa is also a common ingredient in many foods and supplements, so be sure to read food labels.

Corn and wheat - are also both proteins that for some affect their lupus symptoms. These should be tested and will be discussed further below.

Do’s and Don’ts of Protein Concentrates and Drinks

The protein in instant drinks is typically a bland-flavored powdered rice, soy or whey milk by-product. All three are available as a single ingredient or in various blended products.

Soy Protein - is a by-product of soy oil production; soy protein is available in one of three forms. Organic soy protein concentrate is made with the “green” technology of electrical anion and cation exchange. Many people consume this product and it is sold as a healthy protein alternative.

Soy protein isolate is extracted using high temperatures and caustic hexane solvents. This process denatures the proteins and causes toxins to be formed. This soy protein is the shoddy ingredient used in imitation cheese, ice cream and cheap snacks. It contains 90% protein. I recommend avoiding soy protein isolate in your diet.

Soy powder is powdered, defatted soybean meal that contains 42 percent protein.

There is great debate about whether or not soy is a healthy form of protein. In my research, I have found many cases citing it as not healthy for several reasons. I recommend you do not consume soy products, until you have at least minimized or reversed your lupus. There are many other healthy options to choose from.
One of the concerns “rests with the chemical makeup of soy: in addition to all the nutrients and protein, soy contains a natural chemical that mimics estrogen, the female hormone.” Sexual development can be significantly and negatively affected and there is also concern it may increase the risk of breast cancer.

Soybeans also contain a high amount of an anti-nutrient (found in all legumes) believed to block the absorption of essential minerals such as magnesium, calcium, iron and zinc.

Soy critics point out that “soybeans, as provided by nature, are not suitable for human consumption. Only after fermentation for some time, or extensive processing, including chemical extractions and high temperatures, are the beans, or the soy protein isolate, suitable for digestion when eaten.” It is therefore best to err on the side of caution in favor of rice protein products, and other healthy protein options.

**Whey Protein** - When milk is curdled into cheese the thin, protein-rich liquid that remains is whey. Whey may appear in various forms on a label, depending upon how it’s manufactured, such as—sweet whey, whey protein isolate, hydrolyzed whey protein, whey powder, or whey concentrate. The protein is also ideally avoided, as it is a dairy product.

**Rice protein** - is primarily a by-product of the rice syrup industry--natural enzymes digest the complex carbohydrates into a simple sugar. What’s left over is rice protein, which is filtered and dried at low temperatures. The resulting powder is of special benefit to vegetarians and considered a healthy protein for consumption.

There are other issues commonly associated with proteins and discussed in the following two sections.

**Leaky Gut Syndrome and Autoimmune Reaction**

Many medical and alternative health experts feel that autoimmune disease may be related to a problem associated with the intestinal lining of the colon. This condition
is known as increased permeability, or ‘leaky gut.’ This theory suggests that if the walls of the colon are ‘leaking,’ then molecules that aren’t completely digested may seep past the intestinal lining and get into the bloodstream, including proteins, fats, parasites, bacteria and fungi.

Since human tissue has protein antigens similar in design to these proteins, the stage is set for an autoimmune response. The body may respond to these proteins the same way it would a foreign protein, initiating an inflammatory reaction that leads to antibody production, ultimately triggering an attack on the body’s own cells.

Elaine Moore, patient and advocate for those with the Grave’s disease and the author of “Autoimmune Diseases and Their Environmental Triggers”, believes leaky gut syndrome may be caused by “antibiotics, alcohol, caffeine, parasites, bacteria, some food preservatives and additives, allergic states such as gluten sensitivity and lactose intolerance, corticosteroids, non-steroidal anti-inflammatory drugs, refined carbohydrates, oral contraceptives, and fungi.”

She also recommends supplementing with friendly bacteria and digestive enzymes to help restore intestinal permeability, while staying away from ‘antibiotics, non-steroidal anti-inflammatory drugs, pesticides, herbicides, and meats contaminated with hormones.’

It is interesting to note that suggestions associated with the leaky gut theory compliment topics previously discussed and will continue to do so as we take a look at gluten, another potential trigger related to lupus symptoms.

The first line of defense must be to support the healing process by eliminating the causes associated with intestinal permeability, therefore reducing the likelihood of triggering inflammatory responses.
Gluten and Autoimmune Disease Relationship

Another potential root cause associated with your lupus symptoms may be gluten. Gluten sensitivity is an autoimmune response also caused by an abnormal immune system reaction. In this case the immune response is to wheat protein (and related proteins) that have potentially harmful effects.

According to Alan R. Gaby, MD, expert in nutritional therapies and alternative medicine, and author of The Patient’s Book of Natural Healing, “Some people who have been diagnosed with Systemic Lupus Erythematosus (SLE) may really be suffering from an intolerance to the gluten in their diet.”

According to reports of a study in the Annals of the Rheumatic Diseases (2004; 63:1501-3), three patients who suffered from SLE for years “no longer experienced symptoms or abnormal laboratory tests and were able to discontinue their SLE medications after removing gluten from their diet.”

Antibodies to gliadin were found, a protein present in foods containing gluten (such as wheat, barley, rye and sometimes oats). After removal of gluten from their diet, marked improvements resulted.

Gluten intolerance can result in mild intestinal symptoms, or more serious issues such as celiac disease, which causes damage to the intestinal lining limiting nutrient absorption.

Some symptoms associated with celiac disease include abdominal pain, stomach distention, weight loss, irritability, depression, pale skin, bloating, lactose intolerance, bone pain, fatigue, gas, nausea, diarrhea, increased fat in stools, iron deficiency anemia, osteoporosis, joint pain, Sjorgren’s syndrome, and weight gain (when deficiencies in nutrients lead to food cravings).
Celiac disease is quite common and affects 1 of every 133 North Americans. Because patients with gluten sensitivity often only show mild symptoms, they are often misdiagnosed and don’t avoid gluten.

Left untreated, immune issues from celiac disease can cause intestinal malignancies and lymphomas. The toxic components in gluten can also contribute to the onset of other diseases such as type 1 diabetes, autoimmune thyroid disease, and rheumatoid arthritis.

Diagnosing this can be difficult, however the best confirmation may be to simply follow a gluten-free diet and notice the absence of symptoms.

With a positive diagnosis, avoiding gluten is necessary. “Untreated, gluten sensitivity can lead to secondary disease resulting from disruption of the normal intestinal barrier. The presence of leaky gut, which allows for abnormal intestinal permeability, is a well-documented affect. This can lead to the ingestion of toxins and other antigens that can aggravate or cause disease in other organs.”

For those sensitive to gluten, “ingesting even small amounts (as low as 0.1 grams) can lead to clinical relapse and changes in the intestinal tissue.”

Gluten sensitivity can affect other areas of the body, besides the intestines. It is therefore recommended you consider getting an antigliadin antibodies test, to identify if you are experiencing gluten intolerance. Testing for celiac disease may produce a false negative, since it does not rule out gluten sensitivity affecting other areas of the body.

The study of gluten and lupus is in the preliminary stages. However, working at the root level to identify if gluten triggers your lupus flares is something that should be checked out. Because most doctors do not consider allergies when working with clients, this is something you may wish to specifically request.
Lupus Diet Don’ts Summary and Checklist

Just below is a summary and list of foods, drinks and ingredients that are not healthy for lupus patients. Individual triggers do occur; please eliminate the obvious unhealthy foods and ingredients and test for others you are unsure of, such as nightshades and legumes.

It is helpful to keep in mind that even amongst members of the medical community, opinions vary and more important, what may affect one lupus sufferer may have no effect on another. You must be diligent in working out what foods work best for you (ideally with a naturopath or nutritionist conversant with natural healing and nutritional approaches).

Lupus Diet Don’ts

Antigen/allergy producing foods - specific to your needs and triggers

Fatty foods - fried and oily foods (in addition to fast foods and bakery items)

Meats - ideally all are avoided, especially fatty, red meat, however there is some debate concerning chicken and fish

Dairy and eggs - (sorry cheese lovers!) including butter and margarine

Legumes - (especially alfalfa) - beans, peas, lentils, clover, and peanuts (this does not affect all lupus patients)

Processed foods - most canned, packaged, or chemically contaminated foods (read labels)

Fats - mono saturated, trans-fats, saturated fats, and some polyunsaturated omega 6 fats found in commonly baked, fried and junk foods

The 4 white foods - sugar, flour (refined carbohydrates and starches), salt, and dairy
Lupus Diet Do’s and Don’ts

**Nightshade vegetables** - including tomatoes, white potatoes, peppers, eggplant and paprika (sweet potatoes and yams are not nightshades; these foods are also debated as inflammatory, but some people are not affected)

**Some plant proteins** - wheat, corn and gluten

**Spicy foods** - including pepper

**MSG** - (often found in Chinese food) and chemically laden seasonings

**Caffeine** - chocolate, coffee, tea, etc.

**Alcohol** - this is poison to the body and healing process

**Treated (chlorinated) water** - and most public drinking water sources

**Sweetened frozen juices** - freshly squeezed juice is fine

**Pop** - all

**Artificial sweeteners** - (aspartame, splenda, etc.); natural sweeteners such as stevia is fine, discussed below

**Benefits of Avoiding Lupus Diet Don’ts That You Can Expect to See**

These include:

- Reduced inflammation, pain and swelling
- Decreased tissue damage and strain on organs
- Increased mobility
- Enhanced energy and stamina
- Lower blood pressure and cholesterol
- Reduced risk of heart attack and stroke
- Reduced body fat
Lupus Diet Do’s and Don’ts

- Relief of constipation
- Increased blood flow and oxygen

The above ‘don’ts’ may also help reduce the need for medication and therefore help avoid long-term consequences from both drugs and flares.

You may be thinking, ‘there’s not many tasty foods left to choose from.’ Not true! There are plenty of delicious foods for you to choose from, which in addition to being tasty, help reduce your lupus symptoms.

Remember, you must give your body the appropriate amount of time in order to see results. Many experience results quickly, yet for others it takes several weeks to clear the body of antigens and begin to notice a significant effect. Results will also vary depending on severity of the illness.

Ok, on to the fun part. Here is a look at your diet do’s followed by many great recipes for you to enjoy.
Lupus Diet Do’s - Healing From the Root of the Problem

Lupus and Inflammation

We know that lupus flares result in inflammation of one’s own body including the joints, nerves, eyes, kidneys, lungs, skin and blood vessels. Nutritional therapy that involves avoiding inflammatory foods is therefore an obvious start to making positive dietary and lifestyle changes.

We’ve talked about many triggers of inflammation in lupus, including fatty foods, ‘bad’ fats, proteins (red meat), a high glycemic index diet (high in sugar), gluten, junk foods, pop, alcohol, acidic foods, and food that trigger allergies and sensitivities.

By following an anti-inflammatory diet (and lifestyle) you will soon come to enjoy a decrease in your lupus symptoms plus reduce the risk of future health complications. Of course, another primary benefit concerns potentially reducing medication and therefore, alleviating the long-term consequences of lupus symptoms and side effects from pharmaceutical drugs.

Below are a number of anti-inflammatory strategies you should implement into your diet and lifestyle.

Reducing Inflammation with Essential Fatty Acids (EFA’s)

A very popular and well-known natural anti-inflammatory food ingredient is essential fatty acid (EFA). This is highly recommended if you have lupus, due to its natural anti-inflammatory properties, which also helps alleviate pain.
Lupus Diet Do’s and Don’ts

People with lupus are usually found to have low levels of essential fatty acids, which of course contribute to inflammation. Because the body doesn’t produce them, we must get it through our diet.

As mentioned earlier, processed and fast foods have influenced food consumption and therefore, our balance of omega-3 and omega-6 oils. As a result, it creates omega-3 deficiencies. With increased levels of omega-6 come increased levels of pro-inflammatory cytokines (commonly found in lupus, arthritis, Crohn’s disease, M.S., depression, and migraines to name a few). It is for that reason it is especially important to balance our EFA levels in favor of omega-3’s, which have immunomodulatory properties that help reduce inflammation, while increasing the production of anti-inflammatories.

Of the most potent omega-3 fatty acids sources are EPA (eicosapentaneoic) and DHA (docosahexaneoic), found in oily fish such as salmon. You’ll also find it in tuna and other cold-water oily fish such as mackerel, lake trout, herring, halibut and sardines.

It is also found in flax seed (crushed), walnuts, pumpkin seeds, sesame seeds, avocados, spinach, mustard greens and olive oil. For some years, flaxseed oil was mistakenly recommended as an omega-3 source. Unfortunately, we can assimilate only a fraction of its omega-3’s, and it lacks the essential DHA and EPA.

You can also support your diet with EFA supplements to ensure proper ratios. I recommend krill oil as the best source of EFA, as it’s a smaller fish with less potential for higher levels of mercury. It also contains EPA and DHA, plus antioxidants and is easily absorbed. In addition, cod liver/fish oil capsules are also good sources EFA’s.

If you’re on a vegetarian diet, your best option is an omega-3 extract from sea algae.

“Lupus is thought to be an “incurable” disease. Yet, I have seen many, many people go in to total remission with the right therapy.”

— Dr. Minshew, M.D., alternative health expert
Lupus Diet Do's and Don'ts

There are many health benefits associated with EFA’s. Some of these include:

- Helps reduce risk of heart attack and stroke
- Protects against cancer
- Relief of arthritic symptoms and pain
- Helps increase energy
- Boosts memory, concentration and focus
- Helps the body eliminate (burn) excess fat
- Calms digestive issues
- Helps reduce migraine headaches
- Helps lower triglycerides and LDL (the bad cholesterols)

In addition to anti-inflammatory benefits, “Studies show that patients using fish oil supplements are able to use reduced amounts of non-steroidal anti-inflammatory drugs. The effects of omega-3 oils on inflammation including inflammatory heart disease are demonstrated in studies showing a reduction in the inflammatory marker, C-reactive protein (CRP) in people using fish oil supplements.”

This is great news as eliminating the need for pharmaceuticals is naturally a priority and concern.

**Anti-Inflammatory Food Do’s**

In addition to supporting your meals with EFA’s, a regular diet rich with anti-inflammatory foods is essential to support your body’s efforts in healing. When eaten regularly, these can significantly aid in bringing inflammation under control.

Below is a list of some of the top anti-inflammatory foods you may enjoy incorporating into your diet. It is best to incorporate anti-inflammatory foods into each meal, while naturally avoiding pro-inflammatory foods. Further below is a more
complete list of anti-inflammatory foods in addition to the top 10 outlined immediately below.

Top 10 Inflammation Busters

1. **Salmon** - As mentioned, this is one of the highest natural food sources rich in omega-3’s. (Note: As a result of high mercury levels in the ocean, some health experts recommend only eating cold water fish only twice a week. It is also important to choose wild salmon versus farm-raised salmon.)

2. **Spinach** - This is also rich in inflammation-fighting properties (carotenoids) as well as vitamin E. Other leafy greens to consider include kale, chard, turnip greens and mustard greens.

3. **Sweet potatoes** - These also minimize inflammation with carotenoid properties. Other great carotenoid sources include red, yellow, orange, and green fruits and vegetables such as carrots, red peppers, papayas and mangoes.

4. **Garlic** - This is a potent anti-inflammatory agent with ‘natural’ killer T helper cells and also supports regulating the immune system.

5. **Ginger** - Helps inhibit COX-2 enzymes, part of a pathway that produces inflammatory chemicals.

6. **Pineapple** - Bromelain, an enzyme from the pineapple stem is an enzyme that decreases inflammation with immune-supporting properties.

7. **Turmeric** - This is an Indian spice used in traditional Ayurvedic medicine and contains curcumin, an anti-inflammatory agent instrumental in reducing inflammation. In addition, it seems to assist the body’s own anti-inflammatory response.

8. **Green Tea** - Green tea is a powerful anti-inflammatory.
9. **Walnuts** - As mentioned is a great source of omega-3s, in addition to flaxseed, hazelnuts, and almonds as an anti-inflammatory food.

10. **Berries** - Cherries, blueberries, strawberries, raspberries and cranberries all help the immune system and protect the body from free radical damage, a powerful trigger of inflammation.

An anti-inflammatory diet is the cornerstone of a lifestyle that will powerfully change how you feel, and is worthy of remembering when feeling you’re tempted by other, less beneficial food choices. Avoiding the detrimental health issues associated with inflammation and food is paramount in your quest for wellness and eliminating your lupus symptoms.

In addition to the anti-inflammatory topic, and one closely related is the benefit of antioxidants. It is discussed next, and is a natural extension of anti-inflammatory foods as it works synergistically supporting your body’s ability to heal.

### The Role of Antioxidants on Healing

With inflammation, the body produces free radicals, an unstable molecule that can harm cells. Free radicals are also produced when our body’s cells use oxygen, (such as when your body breaks down food) or from environmental toxins and exposures such as cigarette smoke and radiation.

One of the best lines of defense from free radicals are antioxidants, which help neutralize their effects. *Antioxidants also combat chronic inflammation.*

Most people are aware of antioxidants role in the prevention of heart disease, diabetes, cancer and macular degeneration. Antioxidants act like scavengers, which prevent and repair damage done by free radicals.

Of course, many of these issues are also common amongst lupus sufferers (in addition to chronic inflammation), so consideration of antioxidants in your diet is paramount.
Because antioxidants are being constantly converted and used up in the process of neutralizing free radicals, they must be constantly replenished.

Antioxidants are found in beta-carotene, vitamin C, vitamin E and selenium. They are also contained in zinc, copper and phytochemicals found in plants and herbs.

Antioxidants are often identified by their bright, distinctive colors, such as the rich red of cherries, orange of carrots, yellow of corn and mangos, and the bluish purple of blueberries, blackberries and grapes.

**Where to Get Antioxidants**

**Vitamin A and Carotenoids**

Beta-carotene is a precursor to Vitamin A, but is limited by a ‘feedback system,’ performing one of two roles. It is converted into vitamin A if the body needs more of it; however if the body has enough, it acts as an antioxidant, protecting cells from harmful free radicals.

Common foods rich with beta-carotene include: carrots, squash, broccoli, sweet potatoes, kale, collards, cantaloupe, peaches, apricots, and other bright colored fruits and vegetables.

**Vitamin C**

Vitamin C is also a well-known fighter of free radicals, and assists in the formation of collagen (important in the health of blood vessels, bone development and healing), and helps resist infection. Vitamin C may also help decrease levels of bad cholesterol (LDL) and increase healthy (HDL) levels and triglycerides. The body does not produce vitamin C therefore it must be included in our diet.

Some common Vitamin C-rich foods include oranges (citrus fruits), kiwi, broccoli, turnip greens and other leafy greens, strawberries, watermelon, bananas, carrots, bell peppers, and sweet and white potatoes (potatoes are another nightshade).
Vitamin E

This vitamin is the most effective, fat-soluble antioxidant in the human body. It helps prevent free radical damage in the membranes and protect tissues of the skin, eyes, liver, breast and testes (tissues more sensitive to oxidation).

It is found in foods like vegetable oils (such as soybean, corn, cottonseed and safflower oils), nuts and green leafy vegetables.

Selenium

Selenium is a trace mineral and helps the body boost its antioxidant capacity, regulate the thyroid hormone metabolism and helps enhance immune function.

It activates an antioxidant enzyme called glutathione peroxidase, which is thought to help control damage that leads to cancer and possibly stop cancer cells in early development.

It is found in foods such as seafood, grains, eggs, Brazil nuts and in lean meats.

Other Common Antioxidants

Another dietary ingredient known to have extraordinary antioxidants effects are phytochemicals found in plants. These phytochemicals are ‘non-nutritive’ plant chemicals that protect the body from disease.

In addition to an antioxidant effect, phytochemicals also support hormonal reactions, stimulate enzymes, provide an anti bacterial effect (good for urinary tract infections), and help prevent cancer.

Some phytochemicals rich with antioxidants include berries, onions, leeks, garlic, carrots, grapes, and tea.

Some antioxidants are made in our cells and include enzymes gluthione, uric acid, coenzyme Q10 and lipoic acid.
Below is another list, this time a top 20 list, with foods rich in antioxidants (many of which are also anti-inflammatory foods). This list was published in the *Journal of Agricultural and Food Chemistry*, and “is a relative ranking of the capacity of foods to interfere with or prevent oxidative processes and to scavenge free radicals.”

Prior, a chemist at USDA’s Arkansas Children’s Nutrition Center in Little Rock and his colleagues used advanced technological methods in tabulating antioxidant levels in more than 100 different types of fruits, vegetables, berries, nuts and spices.

**The Top 20 Antioxidant-Rich Foods**

1. Small red beans (dried)
2. Wild blueberries
3. Red Kidney beans
4. Pinto beans
5. Blueberries (cultivated)
6. Cranberries
7. Artichokes (cooked)
8. Blackberries
9. Prunes
10. Raspberries
11. Strawberries
12. Red Delicious apples
13. Granny Smith apples
14. Pecans
15. Sweet cherries
16. Black plums
17. Russet potatoes (cooked)
18. Black beans (dried)
19. Plums
20. Gala apples
Lupus Diet Do’s and Don’ts

Remember, it’s best not to rely on just one (or just a few) favorite food types, but rather consume a variety of foods rich with antioxidants such as Vitamins A, C, E, and beta-carotene to neutralize damage from free radicals. Different antioxidant-rich foods work on different tissues of the body and in different parts of the cells. Some are good at certain ‘tasks’ and not good at others.

If you choose supplementation, know that certain dosages are optimal, and too much can be dangerous (as with Vitamin E). Please ensure you work with a trusted health specialist anytime you supplement with vitamins.

Alkalizing for Healing

The pH level of our internal fluids affects every living cell in our bodies.

We’ve talked about the importance of creating an alkaline inner terrain to support your body’s ability to heal. This approach has been used to successfully reverse many (so called) ‘incurable’ illnesses such as cancer, diabetes, heart disease in addition to lupus, fibromyalgia, arthritis, chronic fatigue, weight problems, allergies, and nervous system issues to name just a few. If there is any one change you must make to support your health it should be this one (if you’re not already implementing it).

Anything that creates an overly ‘acidic’ inner terrain (unhealthy foods, stress, environmental pollutants and toxins) falls in to this category. Your diet is just one way to promote an alkaline inner terrain. Additional alkaline modalities will be discussed further in other areas of the book.

Note: There are health and wellness centers all over the world that specialize in ‘alkaline’ types of treatment. If you have the opportunity and finances it is something to consider, especially if your lupus is advanced. Healing centers are listed in the resources section of the book. That being said, many people are reversing lupus by making use of the same principles on their own or with the support of alternative health specialists such as a naturopath, nutritionist or Traditional Chinese doctor.
Either way it is vital that you implement this strategy to support your body’s ability to heal.

The relative alkalinity or acidity of food is measured by the pH value of ‘ash residue’ after food consumption, once it’s been metabolized. This value can be alkaline, acid or neutral depending on the mineral content of the food.

In general, calcium, magnesium, potassium, zinc, silver, sodium and iron create an alkaline residue, and sulfur, chlorine, phosphorous and iodine leave an acidic residue.

**Reasons an Alkaline-Acidic Balanced Diet is Critical for the Body**

- Promotes proper calcium utilization, protecting the bones
- Maintains proper cholesterol levels, preventing heart issues
- Helps remove plaque allowing for smooth blood flow
- Supports proper electrolyte activity, allowing for efficient heart functioning and maximizes energy levels
- Removes dangerous toxins, preventing further flares
- Prevents cancer, as it cannot survive in an alkaline environment
- Allows for proper fat metabolism and supporting weight-loss/control

These benefits are directly related to concerns with most lupus sufferers, as heart issues, cancer, weight gain (from medication), proper immune system functioning, plus energy and stamina levels are all relevant.

Although each of our needs vary, the optimum alkaline/acid balance to aim for is between 75-80% alkaline foods and 20-25% acidic forming foods.

It is important to note that ‘healthy’ acid forming foods are important and provide essential vitamins, minerals, proteins, fiber and fats and work together with alkaline foods to make up a complete healthy diet. Usually these are not lacking in our diet. A bigger problem is common unhealthy acidic habits include coffee, tea, soda, alcohol, milk products, sugar and processed foods.
While it is true, eating overly acidic foods may create an acidic inner terrain, the best way to work with it is to add healthy alkaline foods to your diet (and eliminate the unhealthy acidic foods). Over alkalinity (pH over 6.8), does not work the same and is not caused by eating too many alkaline foods. It is the result of a lack of mineral reserves in the body, with the liver triggered to produce ammonia. Over alkalinity is not solved by eating acidifying foods, but rather it is supported by replenishing the body with foods rich in minerals (and stopping the ammonia production causing the high alkalinity).

As mentioned above, the pH result is based on the ‘ash residue’ that remains in our body after we’ve eaten and digested our food. There are some instances, however where a food may have the opposite effect as its original state.

For example, lemons, while ‘acidic’ leave an alkaline ash after consumed. Likewise meat tests alkaline before it is digested yet it leaves an acidic residue. Something else to consider is that although fruit is for the most part alkaline, due to the sugar content it can have an acidifying effect on the body (with some exceptions such as lemons, lime, watermelon, and avocado).

Some general examples of alkaline foods are listed further below, in addition to a more complete healthy food chart.

**Where to Begin**

To start with, I recommend printing out the food chart (further below) and highlighting healthy foods that you enjoy or may like to try (for both alkaline and acidic foods). Create a 7-day menu with meals that are simple to make, healthy and in pH-balanced quantities.

Also consider creating a system for shopping and food preparation efficiency that will save you time and energy. There is a recipes section included further below to assist you. Make extras, freezing portions, doing activities once (such as washing and cleaning fruit and vegetables), and bulk shopping are some examples that will help.
Below is a brief list of some of the most alkaline foods to keep in mind. A more complete list will follow in the chart below.

**The Top Alkaline Foods**

**Vegetables, Legumes and Beans**

Spinach, asparagus, broccoli, carrots, celery, cucumber, lettuce, cabbage, greens, squash, peppers, tomato, avocado, onion, garlic, chickpeas, pinto beans, kidney beans, root ginger, barley grass.

The following are also alkaline, however less so than above: Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, and Carob.

**Fruit**

Lemons, Watermelon, Limes, Grapefruit, Mangoes, and Papayas.

The following fruit are slightly less alkaline: Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, and Raisins

Fruit can be either acidic or alkaline depending on the stage of ripening it’s in. If they are sweet they are alkaline and if they are tart / sour they are acidifying. Some examples include oranges, grapefruit and berries such as strawberries

**Note:** There is some debate about fruit and alkalinity with inconsistency in research. You may find resources that are both for and against fruit as a top choice for consuming alkaline foods.

**Nuts and Seeds**

Almonds (highest alkalinity), followed by chestnuts, Brazil nuts, and hazelnuts.
Herbs/Spices

These are typically alkaline. Some that promote pH balance include slippery elm and parsley.

Beverages

Herb teas, lemon water, green tea.

Sweeteners

Stevia, maple syrup, rice syrup.

Oil

Olive oil, flaxseed oil.

Dips and Sauces

Pesto, hummus, tahini, guacamole.

Other Alkalizing Techniques

In addition to food, there are also other techniques to support you in creating an alkaline inner terrain. They include:

Alkaline water

Earlier I mentioned the importance of drinking the appropriate amount of water. However not all water is healthy, let alone alkaline.

Tap water is treated with chemicals, such as chlorine and fluoride both of which are toxins. Bottled water is certainly a step up and often purified as spring water, through reverse osmosis, or is distilled, yet it’s not necessary alkaline as is with distilled water. This is because as minerals are removed from distilled water, alkalinity is lost.
A great source of alkaline water is ionized, which is found by running normal tap water over a filter that creates positive and negative electrode resulting in two different water sources, one alkaline and one acidic. (Ionizing means simply gaining or losing an electron).

Alkaline and acidic water both have benefits. Of course, alkaline water is best for drinking and flushing out internal toxins, neutralizing free radicals and oxygenating the body. Acidic water is great for cleansing the skin and disinfecting (and watering the plants).

These water filters are sold everywhere, and at times can be pricey. Two good models are Kangen (a Japanese model, Kangen meaning ‘return to original’) and Ionways.

There are many other water filters available in the market, and doing a little research to ensure your water is an alkaline quality will go a long way to support your health.

Remember, it is recommended to drink in ounces 1/2 your body’s weight. For example, if you weigh 150 pounds, you should have 75 ounces of water per day (or 7 – 8 ten ounce glasses).

If you are experiencing arthritic symptoms, remember drinking enough water is especially important for you as it helps cushion your joints, in addition to eliminate debris and toxins left over from inflammatory reactions.

Some more interesting water-related stats and reminders

- Water makes up approximately 70% of our bodies. Next to oxygen it is the most important substance needed by the body in order to survive
- Most municipal waters fail to meet standards set out in legislation concerning pH levels, and contamination
- Almost 90% of North Americans are believed to have high acidic pH ranges, (due to foods, beverages, stress, environmental and household toxins, and pollution)
Lupus Diet Do’s and Don’ts

- Free radicals that are known to contribute to aging and disease bond to ionized sources of water to support elimination of them from the body

Juicing

This is a well-known, highly effective way to support a nutrient rich diet. Some healing centers provide a strict regimen for juicing, claiming it responsible for many cases of healing ‘incurable’ disease.

The benefits of juicing, as mentioned, include an easy to digest, rapidly assimilated source of highly concentrated and alkaline nutrients that begin to support the body immediately. It is best to drink a freshly juiced beverage right away, as its nutrients break down soon after (some say within 15 minutes).

Fresh, raw, unpreserved juices contain a wealth of amino acids, minerals, enzymes plus vitamins the body must obtain in order to heal and regenerate itself and all with minimum effort from the digestive systems.

Plant chemicals found in fruit, vegetables, whole grains and nuts, also known as photochemical, also protect against disease. They have a complimentary overlapping antioxidant effect and help in the detoxification process, support the immune system plus offer an antibacterial and antiviral effect.

Some of the popular vegetables chosen for juicing benefits include: broccoli, Brussels sprouts, cabbage, cauliflower, carrots, chives, collards, kale, mustard greens, red beets, peppers, garlic, onions, and leeks, to name a few, and are considered cancer preventative.

Common fruits include grapes, apples, citrus fruits and berries.

Many refer to fruit juicing as cleansing for the body and vegetable juicing as benefiting restorative health.
Juicing is a powerful source for maximizing your diet with ‘live’, whole, alkaline foods. The benefit comes from the quantity of nutrients that can be ‘squeezed’ into juicing, otherwise not really feasible through normal consumption. For example, it may take up to a pound of carrots to make just one glass of carrot juice. Great if you’re a rabbit!

Since juicing removes much of the indigestible fiber, nutrients become available and assimilated in much larger quantities.

When making fruit juices, it may be a good idea to dilute it with about 50% water to reduce the sugar content. Also, keep in mind that store bought juices are usually ‘pasteurized,’ which means the fruits have undergone high temperatures, which destroy much of the enzymes and health benefits.

They may also contain food coloring, preservatives, and synthetic compounds (man-made unnatural chemicals) and other unhealthy additives, and as mentioned extremely high quantities of fructose, corn syrup or dextrose (sugar). Home made juicing is far superior to store bought juices.

There are many high quality, low cost juicers on the market currently. Setting yourself up with a juicing program will go a long way to supporting your health. Some delicious recipes are included in the recipes section. You may also enjoy some of the following juicing resources listed in the resources section below.

Note: Please remember, there are do’s and don’ts when it comes to any alternative therapeutic approach. Please consult with a trusted health practitioner if you begin a juicing regimen to ensure your consumption of complete nutrient protocol.

A Few Top Veggies to Choose From

Carrots - We’ve talked about the antioxidant properties of carrots, and this is one of the most popular ingredients when juicing. It is often combined with the following:
Beets - Are a powerful blood cleanser. It is also highly concentrated and best to not include more than an ounce or so (or it may cause dizziness) due to its fast reaction in the bloodstream.

Ginger - Supports and soothes digestion

Garlic - Supports heart health

Cucumber - Supports the health of the skin, with silica, potassium and magnesium

Parsley - A powerful antioxidant with heart and energy support

Spinach - A great blood cleanser, works great with carrot juice

Lettuce - (especially romaine, not including iceberg which is primarily water) is highly packed with vitamins A, C, B1, B2, manganese and folic acid.

Celery - High in sodium, an important mineral for organ health. This is often combined with cucumber.

Other Juicing Tips

Remember, try and drink your juice right after making it for maximum nutrients. Drink it slowly to allow for better assimilation. It is best to drink it alone, without other foods to allow for maximum absorption (to bypass the digestive process). Wait about one hour before eating food and drink it on an empty stomach.

Food Combining Recommendations for Juicing

It is best not to mix fruits and vegetables, except for a few exceptions of lettuce, or celery with fruit.

Apples will mix well with vegetables and can be substituted for carrots to sweeten it.
Lupus Diet Do's and Don'ts

It is also best to consume citrus fruits with other citrus fruits, and melons with other melons. Some vegetables, as mentioned, are not easy to consume in high quantities (such as beets). Carrots often form the ‘foundation’ of a vegetable juice (about 70 - 80%), as it is easier to consume than other vegetables.

I also recommend consulting a quality juicing resource with the important specific guidelines when working with a juicing program.

**Supplementing with Minerals, Enzymes and Green Food**

**Minerals**

As mentioned above, when the body loses its pH balance to acidity, the body must compensate in order to maintain its appropriate pH. The first thing that will happen is the body will rob minerals from the bones, joints, muscles, gall bladder or lining of the digestive tract in order to support an alkaline terrain. The consequences are obvious, with heightened risk to all kinds of health issues.

Minerals robbed from bones can result in osteoporosis, acid deposited in the muscles can create symptoms of fibromyalgia, and of course minerals taken from the joints can result in symptoms of arthritis while minerals taken from the heart muscle can cause weakening, arrhythmia or angina.

For this reason, it is no surprise supporting your diet with the appropriate foods and/or supplementing it with alkaline minerals will be beneficial. The main alkaline minerals of the body include calcium, magnesium, sodium and potassium.

These minerals work together synergistically. As an example, calcium is used for muscle contraction while magnesium is used to relax it. At the cellular level, potassium is contained within the cell with sodium on the outside and magnesium is used to support the cellular reaction.
Each of the minerals works together until problems result from an imbalance or deficiency. We often see a much higher consumption of calcium and sodium from dairy products and processed foods, yet insufficient amounts of potassium and magnesium, which come from a fruit and vegetable rich diet. Therefore it is important to include all four alkaline minerals in reasonable balance, to avoid unnecessary flares and complications.

There are high quality calcium supplements on the market, which should also include magnesium and vitamin D to support its absorption. As many lupus sufferers also take pharmaceutical drugs that deplete calcium levels, it is a prudent preventative measure.

Potassium is also a crucial mineral that helps maintain strong bones by promoting alkalinity. Potassium citrate and bicarbonate supplements are also available. A diet rich in fruit and vegetables, including a handful of raisins, a couple dates or a banana, is a rich source of potassium.

**Enzymes**

We looked at the importance of digestive enzymes and probiotics earlier in supporting our body’s ability to break down and absorb food. Another category of enzymes is called ‘metabolic enzymes.’ These enzymes are responsible for everything that happens in your body such as energy production, tissue repair and rebuilding, breathing, immune system functioning, and growth (to name a few). Without it life wouldn’t exist.

Digestive enzymes are produced in the digestive tract and help break down the foods we eat. Raw foods contain their own enzymes, but when we eat many cooked foods our body has to produce enzymes to digest it. Digestion of food has a high demand for enzymes, which takes priority over metabolic enzymes. This can result in deficiencies in metabolic enzymes that can overly tax the body, leading to serious health issues.
In addition, as we get older our ability to produce enzymes declines. Therefore food may not be digested completely, keeping us from benefiting from the proper nutrients.

With lupus, undigested food particles can ‘leak’ through the intestinal wall into the blood. As we know, the immune system may perceive these food particles as ‘foreign,’ thereby launching an attack and resulting in inflammation to the surrounding area.

To prevent this false attack and support your healing process it is important to make sure your digestive enzymes are plentiful. Some digestive enzymes require an alkaline medium and others need an acid environment, depending on what type of food is being broken down. Proper protein digestion is extremely important, or painful flares and symptoms may result.

Remember extra enzymes will be available when we eat a whole food diet rich in raw foods. The body can then use those enzymes to support other important metabolic activity, such as healing!

Every seven years each cell in our body is renewed, and without the raw materials proper rebuilding and repairing cannot take place. The result is a less efficient body and declining health. This is a great reason to work with supporting your body’s most valuable resources, the food you eat.

**Green Food**

Supplementing with green food is another powerful way to support an alkaline inner terrain. Taken as supplements or powder in a drink or smoothie, this is a highly rich nutrient rich source of live-food from sprouted grains, grasses, and green vegetables.

**Some of the common benefits of green food include**

- Increases levels of energy
- Supports digestion and regularity
Lupus Diet Do’s and Don’ts

- Helps neutralize acidity
- Support mechanism for proper immune system functioning
- A natural cleanse of the body
- Promotes the health of hair, skin and nails
- Supports cardiovascular functioning and heart health
- Helps neutralize free radicals

Many health enthusiasts feel that barley grass juice (a regular ingredient in green food mixes) contains almost all the nutrients the body requires for optimum health and to sustain life. These include carbohydrates, proteins, vitamins and minerals, (macro and trace minerals), bioflavonoids, chlorophyll, amino acids, enzymes, and many others health enhancing ingredients.

When looking for a green food supplement it is best to find a product that includes the following:

- Organically grown (for all supplements and food)
- Active enzyme activity
- Harvested at it’s nutritional peak
- Cold pressed preservation to maximize nutrients and enzymes
- No fillers, artificial colors, flavors, yeast, gluten or preservatives
- 100% Vegetarian/Kosher powder and capsule
- Readily absorbed and bioavailable

Another Healthy Green: Green Tea

In addition to green food, green tea holds widely known health benefits, and has been used for its medicinal properties in China for over 4000 years.
It is another powerhouse of health benefits, with its secret ingredient attributed to catechin polyphenols, in particular epigallocatechin gallate (EGCG). It is a powerful anti-oxidant and known for fortification of the immune system, disease protection of cancer (without harming healthy tissue) and diabetes, lowering harmful LDL cholesterol levels and inhibiting blood clots (which can lead to heart attack and stroke).

Other benefits include increased metabolism and weight loss support, bacterial properties and digestive support.

A negative effect of green tea is that it contains caffeine and acts as a stimulant (although about 1/3 the caffeine levels of coffee). For those with sleeping issues, it’s best to avoid this or limit yourself to one cup a day, earlier in the day. For those who are working to eliminate pop and other unhealthy caffeine sources green tea is a far wiser choice.

Added to alkaline water, this can be another alkaline option. Due to the caffeine it may be best to choose a decaffeinated version, however it does have a slightly lower level of health benefits. If you do drink green tea with caffeine, do so sparingly as caffeine is acidifying.

Note: EGCG found in green tea is twice as powerful as the ingredient contained in wine (resveratrol), which significantly lessens the negative effects of smoking and a fatty diet. I do not recommend consuming any alcohol if you have lupus, as you know.

The Relationship Between Lupus and Hydrochloric Acid

Another common yet overlooked digestive issue amongst those with lupus (and other inflammatory disease), is a condition known as hypochlorhydria. This is the underproduction of hydrochloric acid (HCL, or stomach acid). It is estimated that by about 40 years of age, 40% of the population is affected.

Hydrochloric acid is a powerful acid, which protects our body from bacteria. It also helps keep bacteria from the colon moving up into the small intestine, which would
allow it, and yeast to settle in the intestine, therefore diminishing food absorption and causing inflammation of the intestines.

HCL is vital for our digestive process, and begins the digestion of protein and stimulates the pancreas to produce digestive enzymes and bile. Without these we can’t absorb or digest carbohydrates, proteins, and fats.

In addition to improper nutrient absorption just mentioned, there are two other serious issues to contend with. The first is with poorly digested food and an inflamed intestine, some of the larger molecules can flow through the wall of inner lining into the bloodstream.

Of course, this is exactly what we’ve seen before (with leaky gut syndrome), resulting in the immune system viewing these molecules as foreign invaders and attacking. The body has different ways of responding with various issues, such as food allergies. It is believed about 80% of those with food allergies have low levels of secreted hydrochloric acid.

In addition to triggering a potential flare with this ‘false attack’ message, another issue is food also remains in the digestive system far longer than it should, resulting in too much ‘unfriendly’ bacteria in the colon and small intestine causing an imbalance in the colon (known as dysbiosis).

This can lead to auto immune issues such as lupus, arthritis, chronic fatigue syndrome, eczema, inflammatory bowel disease, irritable bowel syndrome, plus vitamin B12 deficiency, according to author of Digestive Wellness, by Elizabeth Lipski.

So what’s the solution?

If you have lupus, then it’s possible that hydrochloric acid imbalance may be an issue for you. However, it’s important to note that there are common symptoms for having either too much or too little stomach acid, which includes symptoms of bloating, burning, flatulence, indigestion, and gas. Most often, doctors see these symptoms as too much HCL and therefore prescribe acid blockers or antacid.
This only further exacerbates the problem if it is too little HCL, since they ‘buffer’ the stomach from HCL, keeping it from doing its job in the digestive process, diminishing what HCL you did have and need.

It is possible to determine an accurate reading of your HCL measures with a test known as the Heidelberg test. In the meantime, the best way to support your digestion, as mentioned, is to be sure you have enough digestive enzymes and support your body with them in your food sources.

Because enzymes work ‘food specifically,’ it is important to be sure if you supplement you choose one with a ‘wide spectrum’ of enzymes. The enzyme lipase digests fats, protease digests protein, and amylase digests carbohydrates, cellulase digests fiber, sucrase digests white sugar, and maltase digests malt sugar. Due to these specific enzymes, food combining also plays a role of digestion and is discussed shortly.

A popular at home remedy for low HCL is to mix teaspoon of organic apple cider vinegar in a glass of water (however this can taste pretty bad). Another solution is a supplement with HCL. Remember, it is important to determine if your HCL is too high or low. Get your HCL levels tested first.

It’s easy to see how digestion plays a critical role in causing, or exacerbating lupus. It is very important to work with a health expert that is open to solutions beyond pharmaceuticals. Please ensure you find someone you feel comfortable working with.

A Healthy Digestion Do’s Checklist

We’ve looked at a number of different factors that affect digestion, the inner terrain and its pH balance.

These include:

- Consuming enough water
- Eating a balanced alkaline-acid diet
- Eating approximately 60 - 75 % uncooked, fresh foods
- Using juicing and broths to help support getting nutrients, plus assisting digestion when in a flare
Eating 20 - 40% steamed, or lightly cooked foods (no micro-waved foods) to maintain the nutrient richness of the food

The potential effect of protein and gluten on inflammation and reducing/eliminating it from your diet

Consulting a food allergist/specialist to determine how well your digestive system is functioning and if there are certain foods you must avoid

The importance of having enough digestive enzymes and probiotics to support proper digestion and absorption of food particles

10 Helpful Digestion Tips

1. *Eat your meals slowly* and chew each bite thoroughly to a near liquid consistency (to signal the organs to secrete their pancreatic enzymes and stomach acids etc) to prepare for digesting the food.

2. *Eat foods that digest more slowly,* to keep insulin levels lower and more constant.

3. *Eat smaller meals,* rather than larger ones throughout the day.

4. *Enjoy a glass of water with freshly squeezed lemon* in addition to hydrating properly throughout the day, each morning before breakfast to help to cleanse the stomach of left over 'debris' and remove any excess acid.

5. *Avoid cold drinks while eating,* as food is more efficiently digested at body temperature (cold fluid can slow the digestive process). If you do drink, do so at room temperature.

6. *Try Swedish bitters if you suspect stomach problems,* found in health food stores about 20 - 30 minutes before eating to encourage the release of digestive enzymes, juices and acids.

7. *Do stomach massage exercises* to support digestion. *Liver massage* - press your right hand on the right side of your body, just under the rib cage. Pointing your fingers straight to the left, move your hand to the middle of your stomach.
area with the palm and heal of your hand just above the naval area. Rub gently approximately 15 times. **Stomach exercise** - This is the same type of massage except on the left side of the body. It benefits spleen and pancreas, and stomach.

8. **Food combining is important** so be sure to avoid mixing carbohydrates and protein. Eating these food groups with vegetables is best (non starchy foods).

9. **Cleansing and detoxing** is a powerful way to alkaline your body and rid it of acidic toxins to support the healing process. However, work with an alternative health specialist because if it is not done correctly it can seriously tax the body.

10. **Organic is best**, as it helps eliminate unwanted toxins from pesticides and processing.

**Remember, you need to know the effects of your medication.** See a pharmacist, your doctor or alternative health specialist for side effects. I’ve included a site listing the top 200 drugs and their side effects in the resources section below. Please verify everything you research (online and otherwise) as regulation of accuracy is difficult to implement.

**Food Combining for Proper Digestion**

Because different types of foods require different digestive sources, it makes sense to maximize your food intake by combining them in a way that enhances digestion and absorption.

Below are some general food combination rules, (some foods are not recommended and used just for example sake).
Lupus Diet Do’s and Don’ts

Food Combination Don’ts

1. Avoid combining concentrated proteins and concentrated carbohydrates in the same meal. For example, don’t mix nuts, meat, etc with bread or potatoes etc.

2. Avoid two sources of concentrated proteins. For example, avoids mixing nuts, meat, cheese or eggs at the same meal (neither of these are optimal foods, but just an example).

3. Avoid mixing fats with proteins. For example, avoid butter with nuts, meats or cheese.

4. Do not combine fruit and proteins, such as oranges and nuts.

5. Do not combine sugars and starches together, such as fruits, jellies, sugar, honey on bread, cereal etc.

6. Eat melons alone and not in combination with other fruit or a meal.

7. It is best to avoid mixing acidic foods with carbohydrates. For example, avoid bread or rice with tomatoes, or other acidic foods.

Food Combination Do’s

1. Salads and vegetables do not require special combining rules.

2. Fruits mix well with other fruits (except melons).

3. Vegetables mix well with proteins.

4. Vegetables mix well with starches.

5. Only eat one starchy food in a meal.

The above guidelines are a brief description of supporting the enzymes to work at their maximum capacity by avoiding incomplete or disrupted digestion. In general, try
Lupus Diet Do’s and Don’ts

to make meals from just one or two combinations, such as protein or starch with vegetables. There is a large collection of ‘science’ behind food combining rules with great resources for explaining these principles.

The Effects of Stress on Digestion

"Any stressor that the mind or body interprets and internalizes as too much to deal with leaves an acid residue. Even a mild stressor can cause a partial or total acid-forming reaction"

— Dr. Theodore A. Baroody, Jr., “Alkalize or Die”

Although not directly related to food, stress does influence the body’s alkalinity profoundly, and in two ways. The first includes how stress (and strong negative emotions such as anger, resentment, fear, jealousy, hate etc) affects our physiology by increasing our acidity level within the body. Over time, this can cascade into serious health issues.

Conversely, joy, love, faith and happiness support an alkaline terrain and physical and emotional wellness. Learning to reduce stress will increase the alkalinity within the body.

It is for this reason that I have devoted a large portion of the book to stress management, attitude, and the power of the mind. Anything that contributes to depriving the cells of oxygen, as any ‘toxic’ result will, must be addressed to support the healing process.

There are many strategies we can implement to support alkaline inner terrain concerning stress, on the emotional/mental, physical, and spiritual levels. They promote a state of calm, faith, purpose and hope that will support you on your road back to wellness.

However, it is not enough to just provide a ‘quick fix’ to soothe deep-rooted levels of stress. I strongly encourage you work with root emotional issues that are either the cause or contributor to your illness (in most cases this is the cause).
Lupus Diet Do’s and Don’ts

It has been observed repeatedly that when one heals a physical ailment yet does not eliminate or manage the root stressor, the body will respond by finding another pathway to run havoc and create illness again.

Researches show that stress is the most common health disorder in the United States.

Some physiological changes to the body associated with stress include:

- Increased levels of stress hormones adrenaline and cortisol
- Increased blood sugar and cholesterol levels
- Increased heart rate and blood pressure
- Increased muscle tension
- Increased respiration
- Buildup of toxins
- Emotional disturbance (alteration in the brain chemistry)
- Gastrointestinal and digestive issues such as irritable bowel syndrome, constipation, diarrhea
- Reduced immune system functioning

The second way stress contributes to the alkalinity of the body is during food consumption. If one is experiencing high levels of stress, then food too can become ‘a poison.’ The food will be digested as acidic (if it is digested at all) and can also add to the problem.

Although rarely discussed, it is ideal to keep watch over when you eat and if you eat unconsciously when you feel stressed. Consider paying extra attention to managing stress, and eating when you are in a relaxed state. Eating your food ‘consciously’ and appreciating the nutrients that go into your body is a powerful way to assist your digestive process.

Also, enjoy a 20 - 30 minute walk after meals to also support your digestion.
Lupus Diet Do’s and Don’ts

Some other general stress and alkaline reduction strategies you may enjoy include:

- Massage therapy
- Reading
- Spiritual practice
- Aromatherapy
- Meditation and visualization (I highly recommend)
- Ayurvedic medicine
- Traditional Chinese medicine
- Relaxation techniques
- Light exercise
- Reiki
- Biofeedback
- Practicing spirituality/religion
- Humor relief
- Yoga, tai chi and other slow, meditative movement techniques
- Soft, healing/uplifting music
- Bathing with Epsom salt (although known to relieve joint and muscle pain, support digestion and help detoxify the body, there is debate about sulphate and lupus, use with caution)
- Deep breathing exercises (highly recommended!!)

How to Test Your Acid/Alkaline pH Levels

As mentioned, pH is a measure of the acidity or alkalinity of a solution. Higher pH levels are more alkaline, therefore oxygen rich, while lower levels are more acidic and oxygen deprived. PH rages from 0 to 14, with 7 being neutral. Any level above 7 is alkaline, and below acidic.
The pH levels of our blood should be slightly alkaline between 7.35 - 7.45. Going above or below these levels is cause for concern. The body cannot survive a blood pH level of below 6.8 or above 7.8 and as we’ve seen, the body will do whatever it needs in order to maintain the appropriate balance.

We’ve seen the kind of diet associated with a nutrient deprived acid-producing, inner terrain. It puts extreme pressure on the body and disables its ability to repair, detoxify, maintain proper energy levels, or provide the healing environment necessary. It is for that reason that I have given a lengthy explanation of how your food choices create your health and potential healing consequences.

PH is typically measured by noting the change of color on litmus paper/pH test strips. There are colored pH charts so you can easily and accurately determine your body’s pH level. PH tests are available at most pharmacies, and are often sold with calcium supplements.

There are two types of pH tests, a saliva test and a urine test.

Saliva is generally more acidic than blood and is an indication the body’s extra cellular fluids and alkaline mineral reserves. The optimal pH level for saliva pH testing is 6.4 to 6.8. A reading lower than 6.4 is indicative of insufficient alkaline reserves. After eating, your saliva pH should rise to 7.5 or more. To deviate from an ideal salivary pH level for an extended time creates concern for an increased risk of illness and decline in homeostasis. If your saliva stays between 6.5 and 7.5 during the day, your body is within a healthy range. (Note: Exact pH values alter slightly with different resources).

The urine pH test indicates how well the body is maintaining proper pH of the blood and shows values based on what the body is eliminating. Urine pH will vary from around 4.5 to 9.0 (in extremes), yet the ideal pH urine range is approximately 6.0 to 7. Fluctuation of pH of about 6.0 to 6.5 in the morning, and between 6.5 and 7.0 during the evening (before dinner) is within a healthy pH range.
Urine testing shows how well your body is letting go of acids and assimilating minerals (such as calcium, magnesium, sodium and potassium) which act as buffers that help balance pH levels. Remember, the body may produce too much acid (or alkalis) so it must be excreted through the urine.

With excess acid, the body will also store it in fat cells (and why it can be so difficult to lose weight).

When we balance our pH levels, we balance our body’s homeostatic mechanism to maintain a constant pH level of 7.4. Remember, this works with the body withdrawing acid and alkaline minerals from other locations (such as the bones, soft tissues, body fluids, and saliva) therefore pH of these areas can fluctuate greatly.

As a note, if your pH is alkaline, yet you have issues with the internal flora of your digestive tract (therefore low digestive enzyme levels), your pH levels may be reading as alkaline yet the terrain is not healthy.

If you are too alkaline you need more gut flora. If you are not feeling well (have lupus, arthritis, etc.) and showing alkaline you may have a misleading reading. Once you introduce flora you may find your pH drop quite low, possibly to 5.5. The goal of course is to work your way back to pH balance.

Symptoms of illness are always a sign that something is wrong in the body. Doctors often put a lot of attention on the ‘label’ of an illness (and even require it), especially with lupus, before working to correct the problem.

Ironically, a body racked with symptoms such as extreme fatigue, arthritis, muscle pain, rash and other signs of inflammation can be treated immediately naturally through the means we’ve just discussed, without waiting months, even years for a diagnosis.
Lupus and Protein Do’s

Making Sense of Protein

We looked at the role of protein and lupus, and how important it is with your healing protocol. Because of the connection between protein and food allergies (exceptionally common with lupus sufferers) plus leaky gut syndrome it must be consumed wisely and in appropriate amounts.

There are many opinions about the role of protein in your diet; in general it is suggested not to make up more than 10% of your diet.

Amino acids, the building blocks of protein, are either synthesized by the body or obtained through food. There are twenty amino acids in food, yet our body only makes eleven of them. The other nine amino acids, which can’t be produced by our body, must be obtained from our diet.

Animal meat plus a variety of grains, legumes and vegetables all provide sources of protein. Formally, animal proteins include meat, poultry, fish, dairy and eggs and include all required amino acids, known as ‘complete proteins.’

Plant sources do not contain all nine amino acids in a single serving or given food, so combining a selection of vegetables, grains and legumes are important to help make up all the required elements. They are known as incomplete proteins.

It used to be commonly held that a given meal had to contain all nine amino acids, however more recently that has changed and refers to within a given day. A combination of vegetarian foods does make it possible to create a well balanced diet with the appropriate amounts of protein.

Because protein is not stored in the body it does need to be replenished every day. It is also an important nutrient for the building, maintenance and repair of muscles and tissues in the body.
Lupus Diet Do’s and Don’ts

A common problem in Western diets often includes too much protein. Although protein needs are individual, a dietary imbalance of too much protein (for any diet) is also not healthy. It has been directly linked to kidney stones, and associated with liver and colon cancer.

Many believe that animal sources of protein should be completely avoided if you have lupus. However, that being said, healing lupus has occurred for some who have continued to consume meat (it just isn’t ideal for most). If you find you must consume meat then here are my recommendations.

Avoid all sources of red meat. The best animal protein choices include fish and poultry. When eating poultry, choose white meat over dark, as dark meat is higher in fat. Also remove the skin. Choose cold-water fish, such as salmon and smaller cold-water fish sources. Also keep your fish portions to twice a week due to mercury levels in the ocean.

If you do insist on eating red meat, choose only the leanest cuts and keep your portions small. Animals should also be grass fed, versus corn fed. Make beef only an occasional part of your diet with less than 12-15 ounces per week. Avoid fatty sources completely such as hot dogs, bacon, ham, and deli meats.

You will also find common protein sources from soybeans, tofu, and soy milk however there is still great debate concerning soy. I personally feel this isn’t the best protein source due to man-made processing factors.

It is important to be sure to obtain a reliable source of vitamin B12 if your diet is highly vegetarian. Although vitamin B12 is rich in meat and diary products, it is more difficult to get in a vegetarian diet.

I recommend supplementing with an organic sublingual vitamin B12 (which absorbs under the tongue and is highly assimilated into the body because it bypasses digestion). I also recommend it for meat eaters as B12 is commonly very poorly absorbed, often at levels of two percent or less.
Vitamin B12 is extremely important if you have lupus, as it plays a vital role in energy production combating the effects of chronic fatigue, and supporting the nervous system and heart (in addition to many other extremely essential roles).

As you will see, eating a healthy diet, which supports the healing process and is completely or in large part vegetarian, is very possible.

The table below shows some examples of various vegetarian protein sources and their percentage of protein:

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Artichokes</th>
<th>28</th>
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<tbody>
<tr>
<td>Beets</td>
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<tr>
<td>Broccoli</td>
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<td>Brussels sprouts</td>
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<tr>
<td>Cauliflower</td>
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<tr>
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<tr>
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</tr>
<tr>
<td>Green pepper</td>
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<tr>
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</tr>
<tr>
<td>Lettuce</td>
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</tr>
<tr>
<td>Mushrooms</td>
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<tr>
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<tr>
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<tr>
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<tr>
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<table>
<thead>
<tr>
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<tr>
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<tr>
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<tr>
<td>Lima beans</td>
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<tr>
<td>Group</td>
<td>Food</td>
<td>Lupus Diet Rating</td>
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<tr>
<td>---------------</td>
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</tr>
<tr>
<td><strong>Grains</strong></td>
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<td></td>
<td>Soybeans</td>
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<td>Peanuts</td>
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<td>Pumpkin seeds</td>
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<tr>
<td></td>
<td>Sesame seeds</td>
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<td></td>
<td>Sunflower seeds</td>
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<tr>
<td></td>
<td>Honeydew melon</td>
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<tr>
<td></td>
<td>Orange</td>
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<tr>
<td></td>
<td>Papaya</td>
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<tr>
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<td>Pear</td>
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<td>Tangerine</td>
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<tr>
<td></td>
<td>Watermelon</td>
<td>8</td>
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</tbody>
</table>
Lupus Diet Do's and Don'ts

(Note: These foods haven’t been modified for potential trigger foods, such as legumes).

Remember, once your body begins the healing process and you have strengthened your immune system you may very well find that you can re-introduce some of your favorite foods that you currently should avoid. However, do so slowly and with proper food testing through the elimination diet process to determine your sensitivity. I am not referring to processed fatty foods, but healthy ones.

Lupus Diet Do’s Summary and Checklist

You Can Help How You Feel and How You Heal

1. **Be sure you understand the pharmaceutical side effects of the drugs you are taking**, and the implications on how they affect nutrients. For example, steroids affect bone loss with possible osteoporosis. Therefore ensure your diet contains sufficient amounts of calcium/magnesium/vitamin D.

2. **Practice an anti-inflammatory diet and lifestyle**.

3. **Utilize a holistic approach to healing**, and all of the modalities that are discussed in the book to maximize your success potential (physical, emotional/mental, and spiritual) and promote wellness (and happiness) from all angles.

4. **Use a journal to document which foods you eat, and your symptoms (good and bad) to determine which foods work/don’t work for you.** Also document environmental triggers for flares as well, such as specific stressors (like certain people, studying for and exam, employment, etc.) in addition to more ‘subtle’ stressors.

5. **Drink the appropriate amount of water for your size** (1/2 ounce of water per pound you weigh). Drink it throughout the day, and drink an alkaline source. Squeeze in some lemon to support alkalinity and to cleanse the body.
Lupus Diet Do’s and Don’ts

6. **Get tested for food sensitivities and allergies.** They can change over time and be difficult to catch.

7. **Consider doing a food elimination diet** to help you target food sensitivities that may not show up with ‘usual’ testing procedures.

8. **Support your body with probiotics and digestive enzymes.**

9. **Choose anti-inflammatory foods and support it with other anti-inflammatory activities** (such as meditation, yoga, massage therapy, deep breathing exercises, etc.).

10. **Consume EFA’s in appropriate ratio** (the ideal ratio of omega 3 and omega 6 is 1:1, especially when working to heal and reduce inflammation in the body; and is 2/3:1 for a healthy individual).

11. **Watch your unhealthy fatty intake,** it is directly related to flares.

12. **Eat a pH balanced diet** of approximately 20-25% acidic to 75-80% alkaline foods.

13. **Limit protein to 10%** of your diet in simple, easy to digest foods.

14. **Eat easy to digest, primarily raw foods.**

15. **Document environmental and emotional/stress related triggers** (in addition to dietary) and make an action plan to avoid or deal with them.

16. **Document any improvements** and associated dietary and lifestyle changes.

17. **Keep a diet do’s and don’t list handy,** and alter it according to your specific health needs.

18. **Work with a natural health expert** (or trusted doctor) who can support you in reducing/eliminating medication as your symptoms improve, and to support you in making sure your program is safe, and appropriate for your needs.

19. Consider a juicing program to maximize your nutrition and minimize cooking effort.

20. Organic is best.

21. Check your HCL (Hydrochloric acid levels) and ensure proper stomach acids to digest your food properly.

22. Eat smaller meals throughout the day rather than larger ones.

23. Drink room temperature fluids, (avoid cold drinks) and try not to drink while eating meals.

24. Watch your food combining patterns.

25. Continue to work on cleansing/detoxing your body. Start with a lighter cleanse with the assistance of a specialist (some can be hard on the body, not ideal when you’re ill). Gentle exercise can also support this.

26. Stress is acidic. Find ways to reduce and manage stress and work to address any root triggers of lupus or flares.

27. Avoid eating when extremely stressed, and create a peaceful mealtime.

28. Test your pH levels and work to ensure you are within proper range.

29. Supplement with sublingual Vitamin B12, especially if you are considering being a vegetarian (or in large part). Consider other supplements discussed as well (such as calcium).

30. Eat a varied diet, rich with alkaline, anti-oxidant, anti-inflammatory foods.
   Always clean your food well, including organic foods.

As you can see, there are many specific, powerful and practical nutritional choices that you can make that will go a long way in supporting your body’s ability to heal.
By following these suggestions, in addition to the other alternative healing approaches discussed in the book, you will be well on your way to dramatically reducing your lupus symptoms, or even becoming lupus-free as many of us have. *Never give up on yourself, your health, or your quest for complete wellness.*
Resources and References

Alternative Health Organizations

I recommend that you visit these organizations online or give them a call to learn more about alternative healing modalities others have used to combat lupus and other diseases. You have nothing to lose, as knowledge is power, and power leads to hope!

**Gerson Institute** - Alternative Healing Through Diet and Detox

This organization has practitioners come to you if you are unable to attend

(888) 792-0077

California & Hawaii, USA, Mexico locations

www.gerson.org

**True North Health** - Medically Supervised Fasting and Vegan Dietary Programs

(707) 586-5555

California, USA

www.healthpromoting.com

**Weimar Institute** - Healing Through Vegan Diet

(800) 525-9192

California, USA

www.Weimar.org
Lupus Diet Do's and Don’ts

Life Essentials Life Centre
(905) 859-3300
Ontario, Canada
www.lifeessentials.ca

Arcadia Health Centre - Healing Through Fasting and Vegan Diet
Arcadia, Australia
61 653115
www.AlecBurton.Com

National Health Association - “The National Health Association (NHA) is a non-profit organization that promotes the benefits of a plant-based diet. The Association provides educational materials, educational events, and services to thousands of people in the United States, Canada, and around the world.”
(813) 855-6607
www.anhs.org

Vegetarian Websites

www.vegnews.com
www.livingnutrition.com
www.chooseveg.com

Supplement Resources

www.vitamins-and-health-info.com
Lupus Diet Do’s and Don’ts

www.trivita.com

Alkaline Vs Acidic Food Charts

www.alkaline-alkaline.com/ph_food_chart.html
www.thewolfeclinic.com/pdf/Alkaline_Food_Chart.pdf

Antioxidant Food Chart

www.vegparadise.com/news45.html

Book Recommendations

Cookbooks

The Health Promoting Cookbook - Alan Goldhamer, DC

The McDougall Quick and Easy Cookbook - John McDougal, MD

Fat Free and Delicious - Robert Siegel

Nutritional and Alternative Healing

Eat to Live - Joel Fuhrman, M.D.

McDougall’s Medicine, A Challenging Second Opinion - John A. McDougall

God’s Way To Ultimate Health: A Common Sense Guide for Eliminating Sickness Through Nutrition - Dr. George Malkmus with Michael Dye

Food is Your Best Medicine - Dr. Henry G. Bieler, M.D.

How to Get Well - Handbook of Natural Healing - Paavo Airola, Ph.D.

Natural Medicine, Optimal Wellness, The Patient’s Guide to Health and Healing - Jonathan V Wright, M.D., Alan Gaby, M.D.
Lupus Diet Do's and Don'ts

Diet and Lifestyle

*The Pleasure Trap - Mastering the Hidden Force That Undermines Health & Happiness* - Douglas J. Lisle, Ph.D & Alan Goldhamer, D.C.

*The Hallelujah Diet* - by Dr. George Malkmus

*Mucusless Diet Healing System* - Professor Arnold Ehret

*The New Arthritis Breakthrough* - by Henry Scammell

Juicing

*Juicing for Life - A Guide to Health Benefits of Fresh Fruit and Vegetable Juicing* - Cherie Calbom, M.S. & Maureen Keane, M.S.

*Fresh Vegetables and Fruit Juices - What’s Missing in Your Body?* - Norman Walker, B.Sc.

Alkaline-Acidic Balance

*The pH Miracle - Balance Your Diet, Reclaim Your Health* - Robert O. Young, Ph.D, Shelley Redford Young

*Alkalize or Die* - Dr. Theodore A. Baroody

Food Combining

*Food Combining - A Step-by-Step Guide* - Kathryn Marsden

Pharmaceuticals and their Side Effects

References

www.aim4health.com/stomachpains.htm
www.alkaline-alkaline.com
www.alkalineenergydiet.com/section/22
www.altmedicine.about.com/cs/herbsvitaminsad/a/Acidophilus.htm
www.altmedicine.about.com/cs/supplements/a/antioxidants.htm
www.annecollins.com/dietary-fat/monounsaturated.htm
www.autoimmunedisease.suite101.com/blog.cfm/omega3_fatty_acids
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www.energiseforlife.com/alkalising_recipes.php#dinner
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www2.hawaii.edu/~amybrown/LUPUS-scientificarticle.pdf
www.heartspring.net/probiotics_enzymes_stomach_digestion.html#diff
www.healingdaily.com/detoxification-diet/water-for-detoxification.htm
www.healthcastle.com/antioxidant.shtml
www.healthcastle.com/goodfats-badfats.shtml
www.inconvenienthealth.com/testing.html
www.jeffreywarber.com/hc%20pages/alkalinediet.html
www.leakygut.net
www.medicinenet.com/food_allergy/page7.htm
www.mednauseum.blogspot.com
www.members.aol.com/SaveMoDoe2/importance.htm
www.metabolismadvice.com/anti_inflammatory_food
www.nccam.nih.gov/health/asianginseng
www.regaininghealthnaturally.com/Sickness_and_Disease/Acid_&_Alkaline_Balance_in_the_Body.htm
www.rwood.com/Articles/Fat_and_Oil_Guide.htm
www.thewolfeclinic.com
www.trans4mind.com/nutrition/pH.html
www.womentowomen.com/inflammation/causes.aspx
www.yourbodycanheal.com/enzymes.html